



ORANGE COUNTY FAMILY RESOURCES

Serving Families with Children Ages 0-8 Years

DEVELOPMENTAL

1. **CUSD Early Childhood Programs Learning Link:** An interactive parent drop-in program for ages 0-5 with daily activities designed by a preschool resource teacher. Also offered are: parent-child classes, referrals to community resources, mental health services, health and wellness, and speech and language screenings. Available at Hidden Hills Elementary (949-234-5998); San Juan Elementary (949- 496-5198); and, Viejo Elementary (949-582-6780), please visit our website at <http://childed-capousd-ca.schoolloop.com/>
2. **CUSD Special Education:** Special Education services (3 years old and above) with a developmental delay or disability who are eligible for early intervention services that live within Capistrano Unified School District boundaries, please visit the website at <http://sped-capousd-ca.schoolloop.com/>
3. **Regional Center of Orange County – Early Intervention Services:** 714-796-5354 or www.rcocdd.com – Early Intervention Services for infants and toddler (birth—36 months) with developmental delays and ongoing services for children with disabilities. Resources for children’s page www.rcocdd.com/frc/ccfrc/resources/.
4. **Help Me Grow:** 866-476-9025 or www.helpmegrowoc.org – Help Me Grow connects children and their families to resources in the community to enhance the development, behavior, parenting, speech and language, developmental and learning, literacy and education referrals for children birth through five years.
5. **Family Support Network:** 714-854-7762 or www.familysupportnetworkca.com – Free developmental screenings including; speech and hearing, vision, developmental delays, dental, mental health, health, and cognitive functioning for children ages 0-5 throughout Orange County.
6. **School Readiness:** 855-955-5092 or www.brightfutures4kids.org/school-readiness - A program that will come to your home at no cost and assist you with any concerns or questions you may have about your child’s social and emotional wellbeing. A source of education, coaching, and support for parents.
7. **Center on the Social and Emotional Foundations for Early Learning (CSEFEL):** <http://csefel.vanderbilt.edu/> An organization focused on promoting the social and emotional development and school readiness of children ages birth to 5. Provides trainings, family tools, guidelines and strategies for young families and their caregivers.
8. **Zero to Three:** 213-481-7279 or www.zerotothree.org – A national, nonprofit organization that provides parents, professionals, and policymakers the knowledge and know-how to nurture early development.

BASIC NEEDS

1. **Orange County 2-1-1:** 888-600-4357 or 2-1-1 – By dialing 2-1-1, you may reach a free, 24-hour information and referral helpline linking you to thousands of local health and human service programs in Orange County, CA.
2. **Community Health Enrichment Collaborative (CHEC) – Family Resources and Support Services:** 949-489-7742 – Their programs provide education, support and resources for health insurance and education; education assistance; mental health services; life skills classes; support groups; parenting classes and support.
3. **Family Assistance Ministries:** 949-492-8477 or www.family-assistance.org – A faith-based charitable non-profit organization whose purpose is to provide basic needs, temporary living assistance to families and individuals in real and desperate need.
4. **Families Forward:** 949-552-2727 or email: info@families-forward.org – Helps families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services.

PARENTING

1. **Child Behavior Pathways:** 949-267-0227 or www.childbehaviorpathways.com – A joint program between CHOC Children’s and UC Irvine that provides: techniques to increase positive parent-child interactions; approaches for preventing disruptive behaviors; tools for responding to common attention getting behaviors; and, strategies to foster a child’s attention, social skills, and self-esteem for children 0-5.
2. **South Orange County Family Resource Center:** 949-364-0500 – The mission of the SOCFRC is to provide education, support and resources to enhance the process of family growth through the development of skills that promote health, self-sufficiency, increase the quality of life, and foster a sense of community.
3. **School Readiness:** 855-955-5092 or www.brightfutures4kids.org/school-readiness - A program that will come to your home at no cost and assist you with any concerns or questions you may have about your child’s social and emotional wellbeing. A source of education, coaching and support for parents.
4. **Bridges Maternal Child Health Network:** 714-352-3190 – A toddler home visitation program that utilizes the Positive Parenting Program for high-risk children to promote: improved quality and positive relationships between parents and children; positive behavior with hands-on practice sessions; effective age-appropriate communication strategies via modeling; and, positive consistent and decisive ways to manage problem behavior. This program is funded by the Children and Families Commission of Orange County.
5. **Community Health Enrichment Collaborative (CHEC) – Family Resource and Support Services:** 949-489-7742 - Their programs provide education, support and resources for health insurance and education; education assistance; mental health services; life skills classes; support groups; parenting classes and support.
6. **Western Youth Services:** 844-243-0048 or email: O&ERequests@wysoc.org – Provides workshops on various parenting topics; including, anger management; bullying; conflict resolution; effective communication; goal setting; healthy relationships; internet safety; mental health; motivation; peer pressure; respect; stress management; and, time management.

BEHAVIORAL HEALTH

1. **OC Links:** 855-625-4657 – The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services. Please visit the website at: <http://ochealthinfo.com/bhs/about/pi/oclinks/>
2. **BBK Psychotherapeutic Services:** 714-543-0483 or www.bbkps.com – This is a group private practice that is committed to providing mental health services to all members of the community – especially those not able to obtain services due to cost, lack of insurance or preferred language. Some of the services offered are: individual and family therapy; couples therapy; community workshops; individual education plans for special education programs; and a Parenting with Love and Limits workshop.
3. **CalOptima:** 855-877-3885 – Mental health services available to all Medi-Cal members, including: individual and group psychotherapy; psychological testing to evaluate a mental health condition; outpatient services that include lab work, drugs, and supplies; outpatient services to monitor drug therapy; and psychiatric consultations.
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6. **USC Telehealth:** 866-740-6502 – Free professional counseling for individuals, couples, and families. Participants receive 12 weeks of free 50 -minute professional counseling sessions that are highly professional, secure and HIPAA compliant. Support is offered for: behavioral issues; stress, depression, anxiety; family counseling; coping with serious injury/illness; work/life balance; grief and loss; and, many additional topics.
7. **School Readiness:** 855-955-5092 or www.brightfutures4kids.org/school-readiness - A program that will come to your home at no cost and assist you with any concerns or questions you may have about your child's social and emotional wellbeing. A source of education, coaching and support for parents.

MEDICAL HEALTH

1. **Community Health Enrichment Collaborative (CHEC) – Family Resource and Support Services:** 949-489-7742 - Their programs provide education, support and resources for health insurance and education; education assistance; mental health services; life skills classes; support groups; parenting classes and support.
2. **OC Health Care Agency:** Low cost health clinics within CUSD: Mission Viejo – Obria Medical Clinic – 949-364-3928 for prenatal care; San Juan Capistrano – Camino Health Center – 949-240-2272 for child, adult, prenatal, dental and mental health care.
3. **SOS and PEACE Center Health Clinic:** 949-609-8199 – Provides preventative health care and chronic disease management for uninsured or underinsured adults aged 18 years and older.
4. **St. Joseph Health/Mission Hospital:** 949-489-7742 – Provides free nurse visits at the following sites: St. Timothy Church, Laguna Niguel, the 1st Wednesday of the month from 9:00 a.m. – 10:30 a.m.; Mission Basilica, San Juan Capistrano, the 1st Wednesday of the month from 11:00 a.m. – 12:30 p.m.; St. Edward the Confessor Church, Dana Point, the 4th Wednesday of the month from 9:30 a.m. – 11:00 a.m.; Our Lady of Fatima Church, San Clemente, the 3rd Wednesday of the month from 5:00 p.m. – 6:30 p.m.
5. **West Coast University Dental Hygiene Clinic:** 877-WCU-CLINIC or www.westcoastuniversity.edu/WCUclinic - Located at 1477 South Manchester Ave, Anaheim, CA 92802. Services offered by WCU are: medical and dental history review; oral inspection and referrals; risk assessment; oral hygiene education and instruction; nutritional counseling; x-rays; and other dental services.
6. **Families Together of Orange County:** 949-493-7777 – Complete medical care, including dental, vision, and medical coverage, from pregnancy to pediatrics. Full coverage programs for children not born in the USA. .
7. **Centers for Disease Control and Prevention:** 1-800-232-4636 or www.cdc.gov – CDC works 24/7 keeping America safe from health, safety and security threats, both foreign and domestic.

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PARENT/CHILD PARTICIPATION

1. **CUSD Early Childhood Preschool Programs:** 949-234-5341 or www.child-ed-capousd-ca.schoolloop.com – offers both fee based and state funded preschool programs throughout Capistrano Unified School District. The programs provide age-appropriate curriculum and activities for children ages 3-5 years. Please call for information on the program and space availability.
2. **CUSD Early Childhood Programs Learning Link:** An interactive parent drop-in program for ages 0-5 with daily activities designed by a preschool resource teacher. Also offered are: parent-child classes, referrals to community resources, mental health services, health and wellness, and speech and language screenings. Available at Hidden Hills Elementary (949-234-5998); San Juan Elementary (949- 496-5198); and, Viejo Elementary (949-582-6780), please visit our website at <http://child-ed-capousd-ca.schoolloop.com/>
3. **MOMS:** 714-972-2610 or 800-787-5858 – Provides information and support needed for a healthy pregnancy and baby up until the child's first birthday. Prenatal and childbirth classes are offered as well as a "For Fathers Only" class, Healthy Moms class, and Mommy and Me classes.
4. **Orange County Head Start:** 714-241-8920 – A school readiness program for qualifying families. Parents must be working 30+ hours Monday -Friday or attending school full time (at least 12 units) to be eligible. The Head Start Home Based Program offers a Head Start preschool educational experience in a child's home. The program serves children 0 - 5 years of age.
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