

Resources for Parents



Below we have compiled a list of resources you may find helpful while caring for your child.

Alameda County Developmental Disabilities Council (<http://www.acphd.org/ddc.aspx>)

- Division of the Alameda County Public Health Department
- Let your voice be heard! Council meetings are typically held on the second Wednesday of the month from 9:30am-12:00pm. Call 1-510-267-3261 to confirm the time and place.

Autism Society San Francisco Bay Area (<https://www.sfautismsociety.org/>)

- This is a grassroots nonprofit run by volunteers who want to support the SF Bay Area autism community. Activities include information-sharing, networking, education, and advocacy.
- Call 1-650-637-7772 or e-mail info@sfautismsociety.org.

Autism Speaks (<https://www.autismspeaks.org>)

- Extensive list of resources for individuals with ASD and their families or caregivers
- Toolkits: *A Parent's Guide to Autism* • *100 Day Kit for Newly Diagnosed Families (of Young Children; of School Age Children)* • *Challenging Behaviors Tool Kit*
- Autism Response Team (ART) provides information, support, and assistance.
 - 1-888-AUTISM2 (1-888-288-4762) • En Español: 1-888-772-9050
 - E-mail: familyservices@autismspeaks.org

Autism Spectrum Therapies (AST) (<https://autismtherapies.com>)

- AST utilizes Applied Behavior Analysis (ABA) in the home and at school to help children with autism reach their full potential.
- See the Parent Resources section of their website for helpful blogs, videos, and podcasts.
- Services are offered in the Bay Area: <https://autismtherapies.com/locations/bayarea/>
- Regional Center of the East Bay (see below) is an in-network insurance provider.
- 1-866-727-8274 • Local office: 6601 Owens Drive, Suite 270, Pleasanton, CA 94588

Autistic Self Advocacy Network (ASAN) (<https://autisticadvocacy.org/>)

- This is a national grassroots nonprofit created to promote the voices and advance the rights of persons living with autism through public policy and education.
- Click on the Resources tab on their website for helpful educational materials.

CalFresh Food (<https://calfresh.dss.ca.gov/food/>)

- California's food stamps program. SSI recipients are eligible to apply.
- Apply: 1-877-847-3663(FOOD), online (<https://getcalfresh.org>), or visit your local office.

Family Resource Navigators (<https://familyresourcenavigators.org/>)

- Local nonprofit serving families of children with disabilities living in Alameda County
- Call 1-510-547-7322 or e-mail info@familyresourcenavigators.org.
- Office location: 291 Estudillo Avenue, San Leandro, CA 94577

Resources for Parents

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Juvo Autism and Behavioral Health Services (<https://www.juvobh.com>)

- Juvo uses Applied Behavior Analysis (ABA) to provide in-home and school behavioral health services for children with autism and other special needs. They also run camp programs, provide resources, and can support you in meeting your child's individual needs.
- Call 1-510-832-4383, visit the website, or e-mail info@juvobh.com for more information.

Medi-Cal (<https://www.coveredca.com/medi-cal/>)

- Did you know that persons with disabilities are eligible for Medi-Cal?
- Apply online (<http://www.coveredca.com/apply/>), by phone (1-800-300-1506), or at your local office (the Alameda County office is located at 24100 Amador St., Hayward, CA 94544).

National Autism Center (<https://nationalautismcenter.org>)

- Free toolkit: *A Parent's Guide to Evidence-based Practice and Autism* (see the Resources tab)

National Autism Resources (<https://www.nationalautismresources.com>)

- Founded by a mother of a child with autism, National Autism Resources sells products (for home, school, etc.) to assist children living with autism.
- Shop online or call 1-877-249-2393 for more information.

Regional Center of the East Bay (RCEB) (<http://rceb.org/>)

- RCEB was established as a result of the Lanterman Developmental Disabilities Act (AB 846) and is part of a network of 21 non-profit regional centers which provide lifelong services to persons with developmental disabilities.
- To apply for services:
 - Birth to age 3: Call 1-510-618-6195 or e-mail earlystartreferrals@rceb.org.
 - Age 3 and over: Call 1-510-618-6122 or e-mail intakeoverthree@rceb.org.

Sesame Street (<https://autism.sesamestreet.org>)

- Storybooks, videos, and interactive activities for your child
- Short informational articles and videos for parents
- Additional resources: <https://sesamestreetincommunities.org/topics/autism>

UCSF STAR Center for ASD & NDDs (<https://star.ucsf.edu>)

- *First Steps*, a group for parents of children under 6 recently diagnosed with ASD
 - 6-week educational support group that meets Tuesdays from 4:00-5:30pm
- *Facing Your Fears*, a group for parents and children with ASD 8-14 years old
 - 14-week evidence-based group focused on reducing anxiety in children with ASD
- Other groups are available. See Clinical Services → Group Treatment.
 - For enrollment, call 1-415-3500 or e-mail STAR@UCSF.edu.