

LSEPTA Resource Fair List 2015

#1 Lindbergh Schweitzer PTA

Our Lindbergh Schweitzer PTA teachers, staff and parents meet once monthly to support the school through fundraising and volunteer opportunities including the Resource Fair, Newsletter, Teacher School supplies, Craft Fair, Fall Carnival, Winter Dance, Book Fair and much more! Your membership supports one of the strongest voices in our state and federal governments for getting monies for our children's education.

Perette Godwin, President

<http://www.sandi.net/Page/13260>

<https://www.facebook.com/pages/Lindbergh-Schweitzer-Elementary-PTA/139575269422639>

#2 California Coast Credit Union

Helps you plan for your child's future by setting up savings accounts for college and by helping families manage their child's own saving to establish the value of saving as early as middle school.

Perette Godwin

pgodwin@calcoastcu.org

858-636-4229

#3 Cecily's Closet

San Diego based non-profit created with the simple premise of spreading stories of hope, love and encouragement to children with special needs and their families. Thanks to a small army of dedicated volunteers and supportive local businesses, Cecily's Closet is able to recycle durable medical equipment, offer free belly bands for children with feeding tubes and provide sweet dream room makeovers for children in San Diego.

Rachel Ackerly, President

www.cecilyscloset.org

Contact: Emily Dolton

Phone: 858-366-3720

insideemilyshead@gmail.com

#4 Special Needs Resource Foundation of San Diego (San Diego Family)

In its 31 years of operation, San Diego Family Magazine has seen different formats and logos, but the publication has never strayed from its mission of enhancing the quality of life in San Diego County. From its humble origins as a black and white, tabloid-style newspaper, the goal has been to "provide educational articles, resources and information with a focus on family

issues.” Every article, every advertisement is geared to benefit parents and children in some way.

Flourishing Families is the Parent Resource Guide for Children with Special Needs contains over 800 resources in San Diego County. Read informative articles that offer help and encouragement to families with special needs. Sign up to receive our eNewsletter &/or access past eNewsletters. Keeping you current and connected to relevant information in the community. Join our online community and receive access to find fun things to do with the family.

www.sandiegofamily.com

Emily Dolton

858-366-3720

insideemilyshead@gmail.com

#5 William Keesling, Prudential

Bill offers a program through Prudential developed to assist families caring for loved ones with special needs and information on 529's to help families establish funds for their children for college. Bill is the proud dad of a child with Autism. Please see him about NFAR's incredible Autism resources!

william.keesling@prudential.com

619-696-8892

7580 Britannia Ct #B

San Diego, 92154

#6 Karen Bostock, L.Ac. Pediatric Acupuncture

Karen Bostock, L.Ac. is a pediatric and family acupuncturist. Her vision is that every person enjoys wellness and balance throughout life and that every child is empowered with the knowledge that his or her body is not innately broken, but is capable of healing and growing naturally. Acupuncture helps the body heal itself so it is the perfect choice for those who want to stay well, those who want to get better, and those who want to function at their best despite ongoing conditions.

Karen Bostock, Licensed Acupuncturist

619-630-0802

www.FightingSpiritAcu.com

www.facebook.com/BostockAcupuncture

3010 5th Avenue

San Diego, CA 92103

#7 Life Within Family Chiropractic

San Diego Pregnancy & Pediatric Chiropractor Mamerto “Dr. Mo” Estepa, DC brings a joy and passion about living that inspires most people that he meets. Dr. Mo has extensive specialized training and experience in providing chiropractic care to pregnant women, babies, and children. He is certified in the Webster Technique, which is a mainstay in Pediatric Chiropractic care. He also hosts a Pathways

Connect Gathering Group in the office, to empower families with the information and resources for conscious family living.

Dr. Mo Estepa, Chiropractor
Life Within Family Chiropractic
www.lifewithincenter.com
(619) 291-5433
1452 University Avenue
San Diego, CA 92103

#8 SAY Family Self Sufficiency Program

The Family Self-Sufficiency (FSS) program provides employment services to low income families in North Central San Diego. Services are focused helping clients obtain permanent employment and improve self sufficiency. A range of self-sufficiency topics are addressed, including resume building, searching for a job, accessing resources including health care and CalFresh, crisis management and emergency housing referrals, no-cost income tax preparation.

Contact: Melanie von Schröter
Office address 8755 Aero Drive Suite 100, San Diego, CA 92123
Phone contact 858 565 4148 ext 281
melanie@saysandigeo.org

#9 SAY San Diego's Alcohol, Tobacco and Other Drug (ATOD) Prevention Program

ATOD incorporates the concept of community partnerships, the application of new, science-based knowledge of alcohol, tobacco and other drug problem reduction, and the development of a system-wide, outcome-driven prevention strategy to address the increasing trend of alcohol, tobacco and other drug use among adolescents in San Diego County.

Mobilizing residents of the community is essential to effect environmental and systems change. Residents are the "eyes and ears" of the community and can hold policy makers and other institutions accountable for ensuring that systems change and policies are enforced on an ongoing basis.

Karen
8755 Aero Drive Suite 100, San Diego, CA 92123
858.565.4148

#10 Boys and Girls Club of San Diego- Clairemont

For nearly 75 years, the Boys & Girls Clubs of Greater San Diego has been serving children and youth from infants to age eighteen, especially reaching out to kids in need of a safe, positive, and fun place to go after school. Through after school programs and day camps (during school holidays and the summer),

the Boys & Girls Clubs' purpose is to promote the social, emotional, mental, and physical development of boys and girls during critical periods of their growth.

Ruth Cassidy, Branch Manager
4635 Clairemont Mesa Blvd.
San Diego, CA 92117
858.273.1645
www.sdyouth.org

#11 SDRC San Diego Regional Center

Serves as a focal point in the community through which infants through adults with disabilities and their families can obtain services and be linked to other community resources.

4355 Ruffin Rd. 92123
858-576-2996
www.sdrc.org

#12 City of San Diego Parks and Recreation Department Therapeutic Recreation Services (for individuals with disabilities)

Join us at upcoming Kid Zone activities this fall! Kid Zone is for children ages 3-12 years old and is designed to foster socialization, and social skills, to increase cognitive, physical, social, emotional, and creative skills through play and recreation. Upcoming activities include Halloween parties, a trip to the pumpkin patch, an outing to *Jump Around Now* and much more!

Jenny Cavellier (Recreation Specialist- Kids/Teens, 3-18 years old)
jcavellier@sandiego.gov
619-236-7756

#13 UU Voices in Unity and Children's Choir

Music is fun, first! This free children's choir is about enjoying the experience of singing in an ensemble and learning to sing with a solid vocal technique that allows the voice to grow in a natural way. Added benefits to choral singing are building self-confidence, self-discipline, memory skills, enhanced social development and have better emotional expression. No prior choral experience is necessary. In addition to learning vocal warm-ups, technique, and songs, the children are introduced to basic musical concepts. Tempo, dynamics, pitch, and music notation are explained and explored in a variety of ways that are age-appropriate. Choir members also explore rhythm through clapping, dancing, echo games, and simple part-singing. At times, percussion, hand chimes, and other simple, child-friendly instruments are used. The Children's Choir rehearses each Sunday (September through June) from 2:30 to 3:30p in Clark Chapel of the Universalist Unitarian Church in Mission Hills.

We welcome children with special needs and invite their parents (or those who know parents of children

with special needs who may enjoy choir) to visit and/or speak with Lynn if they have questions or concerns.

Lynn Mendoza-Khan
Choral Director / Voice Teacher
www.sandiegovoiceteacher.com
www.firstusandiego.org/children-and-youth-choirs
(619) 298-9978
4190 Front Street, San Diego, CA. 92103

#14 Soccer Shots

Soccer Shots is a program offered to children 2-8 to introduce your child to soccer! Our Soccer Shots instructors are energetic and enthusiastic, are great teachers, and love working with children. We not only teach soccer skills, but also work on improving balance, coordination, and agility with the kids. Soccer Shots also uses the sessions to teach children important concepts such as teamwork, sharing and respect.

Jim Hill
Owner/Executive Director
Soccer Shots - San Diego Central
619-987-8527, www.soccershots.org

#15 Bilingual Kids

Program gives kids the opportunity to learn a foreign language during the time in their lives when language is most effortlessly acquired. Research shows that from birth to approximately 12 years of age, there is a great deal of neurogenesis, or “pathway development,” taking place in a child’s brain. When a child is exposed to the sounds of a second language, the brain will grow connections that make a new language easier to learn.

The program is dedicated to ensure that each and every child learns a foreign language from a native language teacher in a fun and engaging environment incorporating visuals, gestures, music, body movements, games, literature and crafts.

Sharon Zeichner, Director
www.bilingualkids-sd.com
P.O. Box 81627, San Diego, CA 92138
619-366-3098

#16 EFRC- Exceptional Family Resource Center Partnered with DSA –Down Syndrome Association

Community based collaborative agency staffed by parents and professionals designed to serve individuals with special needs by providing a broad continuum of information, education, and support Resource library, parent groups and referrals. Services in English and Spanish

800-282-8252
9245 Sky Park Ct.

San Diego, 92123

www.efrconline.org

#17 Mingle/Mingle Play

Quarterly casual, informational meet-ups at Baja Lobster in Old Town for parents of children with special needs and service providers and twice yearly Mingle Play: a parent/child only event for parents to talk and share while children play in a safe environment.

facebook.com/mingleds or mingleds@gmail.com

#18 Family Health Centers of San Diego

Family Health Centers of San Diego is a large community clinic network. We serve everyone in the community but place a special focus on medically underserved, uninsured, and lower income persons. Our clinical services cover everything from medical, dental, mental health, pediatrics, prenatal, and more. Our Beach Area Family Health Center provides services for adults, pediatrics, women's services (both general and parental), mental health, early childhood developmental services, and nutrition. We also assist individuals and families with their applications to CoveredCA, MediCal, and CalFresh (food stamps).

Beach Area Family Health Center
3705 Mission Blvd., San Diego, CA 92109
Margot Schein, Patient Engagement Specialist
619-515-2444
www.fhcsd.org

#19 SDUSD Occupational Therapy Services and Special Education Department

Information on SDUSD's Occupational Therapy services, Sibshops for the siblings of children with special needs, and other relevant SDUSD Special Education Services

Kim Heyer kheyer@sandi.net (OT)
Jody Bondurant Strong jbondurantstrong@sandi.net (sibshops)