

Community Resources

Western Region – California

Working your way through the maze of resources, advocacy and funding for acquired brain injury can be confusing and time-consuming. This resource sheet was developed to assist you by putting all of the information, by category, in one place. Keep this with your important papers—there is information that may help you today and information that may help you in the future!

Resources for Support, Advocacy, and Programming

- ACCESS Transportation: <https://accessla.org>
- Dial A Ride: <https://pw.lacounty.gov/transit/DAR.aspx>
- ButterFli Transportation: <https://gobutterfli.com>
- Ability Center Handicap Vehicle Rentals: <https://www.abilitycenter.com>
- Advanced Medtrans: <http://www.advancedmedtrans.com>
- MetroLink Trains: <https://metrolinktrains.com>
- Los Angeles County Housing Resource Center: <https://www.housing.lacounty.gov>
- Housing Rights Center: <https://www.housingrightscenter.org>
- Independent Living Center of Southern California: <https://ilcsc.org>
- Braille Institute: <https://brailleinstitute.org>
- Triumph Foundation: <https://triumph-foundation.org>
- LA County Department of Social Services: <https://dps.lacounty.gov>
- Rancho Los Amigos Rehab Hospital: <https://dhs.lacounty.gov/rancho>
- Department of Rehabilitation: <https://www.dor.ca.gov>
- Southern California Edison CARE Program: <https://www.sce.com/residential/assistance/fera-care>
- Southern California Gas CO. Gas Assistance Fund:
<https://www.socalgas.com/save-money-and-energy/assistance-programs/gas-assistance-fund>

- California Public Utilities Lifeline Program: <https://www.cpuc.ca.gov/consumer-support/financial-assistance-savings-and-discounts/lifeline>
- Deaf and Disabled Telecommunications Program: <https://ddtp.cpuc.ca.gov>
- Mt. San Antonio College ABI Program: <https://www.mtsac.edu/access/abip.html>
- Santa Monica College ABI Program: <https://www.smc.edu/student-support/center-for-students-with-disabilities/programs-services/accessibility-advisory.php>
- Catholic Charities of Los Angeles County: <https://catholiccharitiesla.org>
- Jewish Family Service LA: <https://www.jfsla.org>
- USC Family Caregiver Support Center: <https://www.fcsc.usc.edu>
- California Adult Protective Services: <https://www.cdss.ca.gov/inforesources/adult-protective-services>
- Get About - Pomona Valley Transportation Authority: <https://www.pvtrans.org/programs/get-about>
- The Wave Transportation for Hermosa and Redondo Beach: https://www.redondo.org/depts/recreation/transit/the_wave.asp
- Aging & Disability Resource Connection of Orange County: <http://www.adrcoc.org>
- Caregiver Resource Center OC: <https://www.caregiveroc.org>
- St. Jude Brain Injury Network: <https://www.tbioc.org>
- Coastline College ABI Program: <https://www.coastline.edu/academics/specialty-offerings/acquired-brain-injury.php>
- California Children's Services of Orange County: <https://www.ochealthinfo.com/about-hca/medical-health-services/california-childrens-services>
- OC Access Service Transportation: <https://www.octa.net/Bus/OC-ACCESS-Service/Overview>
- Dayle McIntosh Center: <https://daylemc.org>
- Orange County Goodwill Assistive Technology Exchange (ATEC): <https://www.ocgoodwill.org>
- Regional Center of Orange County: <https://www.rcocdd.com>
- San Bernardino County Human Services: <https://wp.sbcounty.gov/hs>
- In Home Support Services San Bernardino County: <https://hs.sbcounty.gov/pa/Pages/Home.aspx>
- Outreach Nation: <https://www.outreachnation.com>
- Children's Fund: <https://www.childrensfund.org>
- Loma Linda University Health PossAbilities: <https://teampossabilities.org>
- Goodwill Southern California: <https://www.goodwillsocal.org>

- Casa Colina Outdoor Adventures: <https://www.casacolina.org/programs-services/community-services/outdoor-adventures>
- Habitat for Humanity San Bernardino Area: <https://www.habitatsb.org>
- Inland Valley Recovery Center: <https://www.inlandvalleyrecovery.org>
- San Bernardino County Department of Behavioral Health: <https://wp.sbcounty.gov/dbh>
- Inland Empire Lighthouse for the Blind: <https://ielighthousefortheblind.org>
- OMNI Trans Access Transportation: <https://omnitrans.org>
- Lutheran Social Services Southern California: <https://www.lsssc.org>
- Catholic Charities of San Bernardino and Riverside Counties: <https://ccsbriv.org>
- Riverside Transit Access Services: <https://www.riversidetransit.com>
- Riverside County Department of Social Services: <https://rivcodpss.org>
- Drug Rehab Treatment Centers: <http://riversidedrugtreatmentrehabcenter.com>
- MFI Recovery Center: <https://www.mfirecovery.com>
- City of Corona Dial-A-Ride: <https://www.coronaca.gov/government/departments-divisions/public-works/public-transit/dial-a-ride>
- Riverside Dial-A-Ride: <https://www.riversidetransit.com/index.php/dial-a-ride/what-is-dial-a-ride>
- Housing Authority of the County of Riverside: <https://www.harivco.org>
- Riverside County Department of Mental Health: <https://www.rcdmh.org>
- Riverside County Network of Care for Seniors and People with Disabilities: <https://riverside.networkofcare.org/aging>
- Riverside County Emergency Management Department: <https://www.rivcoemd.org>
- MTS Access Paratransit San Diego Area: <https://www.sdmts.com/transit-services/mts-access-paratransit>
- North County LIFT Paratransit: <https://gonctd.com/services/lift-paratransit>
- The ARC of San Diego: <https://www.arc-sd.com>
- San Diego Regional Center: <https://www.sdrc.org>
- San Diego County Behavioral Health Services: <https://sandiego.networkofcare.org/mh>
- San Diego Brain Injury Foundation: <https://sdbif.org>
- 211 San Diego: <https://211sandiego.org>
- San Diego College of Continuing Education ABI Program: <https://sdcce.edu/services/dsps/abi/ncc>

- The City of San Diego Therapeutic Recreational Services: <https://www.sandiego.gov/park-and-recreation/activities/trs>
- Sharp Adaptive Recreational and Sports: <https://www.sharp.com/services/rehab/adapted-sports.cfm>
- Adaptive Sports and Recreation Association: <https://www.adaptivesportsandrec.org>
- Salvation Army Adult Rehabilitation Center San Diego: <https://sandiego.salvationarmy.org>
- San Diego County Behavioral Health Services: <https://www.sandiegocounty.gov/hhsa/programs/bhs>
- ADA Ride: <https://www.adaride.com>

Resources for Funding

- Ryan's Reach: <https://www.ryansreach.com>
- High Hopes Head Injury Program: <https://highhopes.ws>

TBI Support Groups

- **The Claremont Club - Brain Injury Support**
 - 1777 Monte Vista Ave, Claremont, CA 91711
 - Phone: (909) 625-6791
 - 2nd Tuesday of the month, 7:00–9:00 P.M.
- **Casa Colina Acquired Brain Injury/Caregiver Support Group**
 - 255 Bonita Ave, Pomona, CA 91767
 - Phone: (909) 596-7733 ext #4400
 - 4th Thursday of the month, 2:00–4:00 P.M.
- **Brain Aneurysm/Brain Tumor Educational Support Group at Cedar Sinai Hospital (Plaza Level)**
 - 127 S San Vicente Blvd, Los Angeles, CA 90048
 - Phone: (310) 423-0821
 - 2nd Wednesday of the month, 6:00–7:30 P.M.
- **Brain Injury Support Group for Survivors & Caregivers at Northridge Hospital**
 - 18300 Roscoe Blvd, Northridge, CA 91335
 - Phone: (855) 977-5816
 - Every Tuesday, 2:00–3:30 P.M.

- **Rancho Los Amigos TBI Support Group**
 - 7601 Imperial Hwy, Downey, CA 90242
 - Phone: (562) 385-6600
 - Every Monday, 12:00 P.M.
- **Stroke and Brain Injury Support Group at Methodist Hospital**
 - 300 W Huntington Dr, Arcadia, CA 91007
 - Phone: (626) 898-8489
 - 2nd Wednesday of the month, 2:00–3:00 P.M.
- **Transitions Support Group through Rehab Without Walls**
 - 21660 Copley Dr, Ste #300, Diamond Bar, CA 91765
 - Phone: 1-800-741-1164
- **St. Jude Brain Injury Network**
 - 130 W Bastanchury Rd, Fullerton, CA 92835
 - Phone: (714) 446-5620
 - 2nd and 4th Friday of the month, 10:00 A.M.–12:00 P.M.
- **B.R.A.I.N. Friends of Brain Injury**
 - 5656 Corporate Ave, Cypress, CA 90630
 - Phone: (714) 828-1760
 - Every Tuesday, 5:00–7:00 P.M.
- **RIO TBI Support Group**
 - 1800 E La Veta Ave, Orange, CA 92866
 - Phone: (714) 633-7400
 - 1st and 3rd Friday of the month, 1:00 P.M.
- **Loma Linda HITTS Support Group**
 - 11406 Loma Linda Dr, Loma Linda, CA 92354
 - Phone: 1-800-986-4487
 - 4th Monday of the month, 6:00–7:30 P.M.
- **Brainstorming 4 Us - Brain Injury Support Group for All Ages (Sterling Inn Commons)**
 - 17738 Francesca Rd, Victorville, CA 92395
 - Phone: (760) 946-2481

- **Riverside Community Hospital - Neuroscience Center Support Group**
 - 4445 Magnolia Ave, Riverside, CA 92501
 - Phone: (951) 788-3463
 - 2nd Tuesday of month, 6:00–7:30 P.M.
- **Riverside Medical Clinic/ TBI/Stroke Support Group**
 - 7117 Brockton Ave, Riverside, CA 92506
 - Phone: (951) 682-2753
 - 3rd Wednesday of the month
- **Stroke & Brain Injury Support & Education Group, Scripps Memorial Hospital Encinitas Rehabilitation Center**
 - 354 Santa Fe Dr, Encinitas, CA 92024
 - Phone: (760) 633-6709
 - 2nd and 4th Tuesday of the month, 3:00–4:00 P.M.
- **Beyond Concussion Brain Injury Foundation, San Diego**
 - 2730 Historic Decatur Rd, Ste #205, San Diego, CA 92106
 - Phone: (619) 244-6541
 - Last Tuesday of the month, 7:00–9:00 P.M.
- **Stroke and Brain Injury Support Group at UC San Diego (Camlot Building)**
 - 200 W Arbor Dr, San Diego, CA 92103
 - Phone: (619) 543-5657
 - 2nd Tuesday of the month, 2:00–3:30 P.M.
- **The Head Injury & Trauma Support System (HITSS) at UCSD Medical Center**
 - 200 W Arbor Dr, San Diego, CA 92103
 - Phone: 1-800-986-4487
 - Every Saturday, 1:00–2:30 P.M.
- **Brain and Spinal Cord Injury and Support Groups, Palomar Medical Center (Graybill Auditorium)**
 - 555 E Valley Pkwy, Escondido, CA 92025
 - Phone: 1-800-986-4487
 - Saturdays, 9:00–10:30 A.M.

- **Scripps Chula Vista Brain and Stroke Support Group**

- 237 Church Ave, Chula Vista, CA 91910
- Phone: (619) 862-6611
- English-speaking group: 4th Monday of the month, 3:00–4:15 P.M.
- Spanish-speaking group: 2nd Monday of the month, 3:00–4:15 P.M.

SCI Support Groups

- **Casa Colina Spinal Cord Injury Support Group**

- 255 E Bonita Ave, Pomona, CA 91767
- Phone: 909-596-7733
- Every Friday, 10:30 A.M.

- **Northridge Hospital Spinal Cord Injury Support Group (5th floor of the IFL Tower)**

- 18300 Roscoe Blvd, Northridge, CA 91328
- Phone: (818) 885-8500
- Every Thursday, 3:00–5:00 P.M.

- **Long Beach Medical Center - MemorialCare Rehabilitation Institute (Dining Room)**

- 2801 Atlantic Ave, Long Beach, CA 90806
- Phone: (562) 933-9034
- 2nd Monday of the month, 5:00–6:30 P.M.

- **Pushrim SCI Group - Precision Rehabilitation**

- 3294 E Spring St, Long Beach, CA 90806
- 3rd Wednesday of the month, 3:00 P.M.

- **Rancho Los Amigos Rehabilitation - Rancho Wellness Center**

- 7601 E Imperial Hwy, Downey, CA 90242
- Phone: (562) 401-6847
- General SCI support group: every Tuesday, 12:00–1:00 PM
- Women’s SCI support group: 1st Friday of every month 12:00–1:30 P.M.
- Spanish-speaking SCI support group: every Thursday, 12:00–1:00 P.M.
- Caregiver support group: 1st and 3rd Fridays of the month, 11:00 A.M.–12:00 P.M.

- **St. Jude SCI Life Series Group - St. Jude Center for Rehab and Wellness (or community outings)**
 - 2767 E Imperial Hwy, Brea, CA 92821
 - Phone (Mark Jones for details): (949) 370-5049
 - 2nd Tuesday of the month, 3:00 P.M.
- **Ballard Rehab SCI Life Series Group - Ballard Rehabilitation Hospital (or community outings)**
 - 1760 W 16th St, San Bernardino, CA 92411
 - Phone (Terina Sprague for details): (909) 855-9131
 - 4th Wednesday of the month, 3:30-5:00 P.M.
- **PossAbilities - Head Injury & Trauma Spinal Support Group (HITSS) - Loma Linda University Outpatient Rehabilitation Center, Conference #129A**
 - 11406 Loma Linda Dr, Loma Linda, CA 92354
 - Phone: 1-800-986-HITSS or (909) 558-4000 ext #42401
 - 4th Monday of the month, 6:00-7:30 P.M.
- **Scripps Memorial Hospital SCI Life Series Group**
 - 354 Santa Fe Dr, Encinitas, CA 92024
 - Phone: (760) 753-6501
 - 3rd Tuesday of the month, 5:30-7:00 P.M.
- **Sharp Rehabilitation - Men's Spinal Cord Injury Group (Community Re-Entry Classroom)**
 - 2999 Health Center Dr, San Diego, CA 92123
 - Phone: (858) 939-3156
 - 3rd Monday of the month, 4:00-5:30 P.M.
- **Sharp Rehabilitation - Women on Wheels Support Group (Conference Room 4 (Room 21))**
 - 2999 Health Center Dr, San Diego, CA 92123
 - Phone: (858) 939-3153
 - 1st Tuesday of the month, 12:30-2:00 P.M.

Stroke Support Groups

- **Stroke Support Long Beach**
 - 3759 Orange Ave, Long Beach, CA 90807
 - Phone: (562) 537-0556
 - Every Tuesday, 10:00 A.M.-11:30 P.M.
- **Life After Stroke**
 - 501 S Buena Vista St, Burbank, CA 91505
 - Phone: (818) 925-4343
 - Every Thursday, 11:00 A.M.-1:00 P.M.
- **Providence Little Company of Mary Medical Center San Pedro**
 - 1300 W 7th St, San Pedro, CA 90732
 - Phone: (310) 832-3311
 - 1st Wednesday of the month, 2:00-3:30 P.M.
- **One Stroke Ahead**
 - 8700 Beverly Blvd, Los Angeles, CA 90048
 - Phone: (310) 423-6358
 - 2nd Tuesday of the month, 6:30-8:00 P.M.
- **Rancho Los Amigos**
 - 7601 E Imperial Hwy, Downey, CA 90242
 - Phone: (310) 575-1699
 - Every Wednesday, 11:00 A.M.
- **Stroke Support PIH Hospital**
 - 12401 E Washington Blvd, Whittier, CA 90606
 - Phone: (562) 698-0811 ext #12955
 - 2nd Tuesday of the month, 2:00-3:30 P.M.
- **Glendora After Stroke Center (La Fetar Center)**
 - 333 E Foothill Blvd, Glendora, CA 91741
 - Phone: (626) 963-6186
 - Every Wednesday, 9:00 A.M.

- **New Beginnings: Life After Stroke**
 - 1601 N Monte Vista Ave, Claremont, CA 91711
 - Phone: (909) 865-9833
 - 2nd and 4th Thursday of the month
- **Stroke and TBI Support Group**
 - 300 W Huntington Dr, Arcadia, CA 91007
 - Phone: (626) 898-8489
 - 2nd Wednesday of the month, 2:00–3:00 P.M.
- **Emante Health Stroke Support Group (Formerly CVHP - Citrus Valley Health Partners)**
 - 1115 S Sunset Ave, West Covina, CA 91790
 - Phone: (626) 813-2931
 - 1st Wednesday of the month, 3:00–4:30pm
- **The Stroke Recovery Group**
 - 1102 Oxley Street, South Pasadena, CA 91030
 - 2nd Tuesday of the month, 11:00 A.M.–12:30 P.M.
- **UCLA Stroke Recovery Group - UCLA Medical Plaza (3rd floor conference room)**
 - 801 Westwood Plaza, Ste #300, Los Angeles, CA 90024
 - Phone: (310) 575-1699
 - Every Monday, 2:00–3:00 P.M.
- **Providence Holy Cross - Mission Hills**
 - 15031 Rinaldi St, Mission Hills, CA 91345
 - Phone: (818) 496-4467
 - Last Wednesday of the month, 4:00–5:30 P.M.
- **Stroke of Courage**
 - 15821 Sunset Blvd, Pacific Palisades, CA 90272
 - Phone: (310) 428-4822
 - Every Thursday, 1:00–2:30 P.M.

- **Los Alamitos Stroke Support Group**
 - 3851 Katella Ave, Los Alamitos, CA 90720
 - Phone: (949) 305-8450
 - 1st Friday of the month, 10:00-11:30 A.M.
- **St. Jude Stroke Support**
 - 130 W Bastanchury Rd, Fullerton, CA 92835
 - Phone: (877) 459-3627
 - 3rd Monday of the month, 1:30-3:00 P.M.
- **RIO Stroke Support**
 - 1800 E La Veta Ave, Orange, CA 92866
 - Phone: (714) 633-7400 ext #235
 - Every Monday, 1:00 P.M.
- **Health South Tustin Rehab/Stroke Support**
 - 14851 Yorba St, Tustin, CA 92780
 - Phone: (714) 832-9200
 - 4th Thursday of the month, 4:00 P.M.
- **Fountain Valley Hospital Stroke Support**
 - 11100 Warner Ave, Ste #268, Fountain Valley, CA, 92708
 - Phone: (714) 966-7000 ext #8052
 - Every Wednesday 6:30-7:30 P.M.
- **Hoag Hospital Stroke Support**
 - 1 Hoag Dr, Newport Beach, CA 92663
 - Phone: (949) 764-6183
 - 4th Thursday of the month, 2:00-3:30 P.M.
- **Riverside Medical Clinic/Stroke TBI Support Group**
 - 7117 Brockton Ave, Riverside, CA 92506
 - Phone: (951) 682-2753
 - Every Wednesday 6:30-7:30 P.M.

- **Riverside Community Hospital Stroke Support**
 - 4445 Magnolia Ave, Riverside, CA 92501
 - Phone: (951) 788-3463
 - 2nd Tuesday of the month, 6:00–7:30 P.M.
- **Ballard Rehab Stroke Support Group**
 - 1760 W 16th St, San Bernardino, CA 92411
 - Phone: (909) 473-1303
 - 1st and 3rd Tuesday of the month, 6:30–7:30 P.M.
- **Arrowhead Regional Hospital Stroke Support**
 - 400 N Pepper Ave, Colton, CA 92324
 - Phone: (909) 558-6252
 - 2nd Thursday of the month, 3:00–4:00 P.M.
- **Redlands Community Hospital Stroke Support Group**
 - 350 Terracina Blvd, Redlands, CA 92373
 - Phone: (909) 335-5608
 - 1st and 3rd Monday of the month, 10:00–11:00 A.M.
- **Loma Linda University Medical Center - Murrieta, Stroke Support**
 - 28062 Baxter Rd, Murrieta, CA 92563
 - Phone: (951) 290-4181
 - Days and times vary, please call for more info.
- **Sharp YESS (Young Enthusiastic Stroke Survivors)**
 - 2999 Health Center Dr, San Diego, CA 92123
 - Phone: (619) 740-4104
 - 2nd Tuesday of the month, 6:00 P.M.
- **Stroke/ TBI Support Group at UC San Diego (Camelot Building)**
 - 200 W Arbor Dr, San Diego, CA 92103
 - Phone: (619) 543-5657
 - 2nd Tuesday of the month, 1:00–2:30 P.M.

- **Scripps Memorial Hospital - Stroke/TBI Support Group**
 - 354 Santa Fe Dr, Encinitas, CA 92024
 - Phone: (760) 633-6709
 - 2nd and 4th Tuesday of the month, 2:30-3:45 P.M.
- **Glenner Memory Care Center**
 - 280 Saylor Dr, Chula Vista, CA 91910
 - Phone: (619) 420-1703
 - Every Wednesday, 3:00-4:00 P.M.
- **Scripps Well Being Center, Chula Vista - Stroke/TBI Group**
 - 237 Church Ave, Chula Vista, CA 91910
 - Phone: (619) 862-6611
 - English-speaking support group: 4th Monday of month, 3:00-4:15 P.M.
 - Spanish-speaking support group: 2nd Monday of month, 3:00-4:15 P.M.
- **Stroke Exercise Group at Tri City Medical Center/Rehab**
 - 4002 Vista Way, Oceanside, CA 92056
 - Phone: (760) 940-7272
 - Every Thursday, 10:00-11:00 A.M.