

# Resources for Caregivers

Agency	Contact Information	Description of Services
<b>Resources for Parents</b>		
<b>The Parenting Stress Helpline/ Family Path</b>	1-800-829-3777	Staffed 24 hours a day by professional and volunteer counselors to assist parents and caregivers with over-the-phone counseling crisis intervention access to nearly 900 community resources from our vast database and referrals to Family Path's services. Ages: 3 & up.
<b>Family Education and Resource Center</b>	Toll Free (888) 896-3372  510-746-1700 – Local line	Services for families with members with mental illness.
<b>Family Resource Navigators</b>	510-547-7322	Support and encourage the positive development of families of children 0-5 with medical, developmental or social-emotional concerns as well as individuals 0-21 with special
<b>Resources for Guardians and Foster Parents</b>		
<b>Foster Parent Advice Line</b>	1-800-829-3777	24-hour advice line that provides the same support as our Parenting Stress Helpline. It is tailored to meet the specific needs of foster parents and kinship caregivers. The line includes additional case management accessible

<b>Kinship Support Services</b>	(510) 834-2443 ext. 3008  Mobile:(510) 316-6737	Provides Services to Kinship families and non-related extended family members who are caring for their kin-children. Provides crisis intervention, emotional support, educational support, and encouragement. Provides resources for caregivers and youth.
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**Resources for Learning Disabilities**

<b>DREDF Disability Rights Education &amp; Defense</b>	(510) 644-2555	A national law and policy center dedicated to strengthen and protecting the rights of people with disabilities IEP assistance and legal advocacy
<b>Regional Center of the East Bay</b>	(510) 383-1200	Assessments and services for people of all ages with developmental disabilities. Has Early Start program (510)618-6195 for 0-3 year-olds at risk for developmental disabilities

**Support Services for Parents with Teens with Substance Use and or in Crisis**

<b>Willows in the Wind</b>	(650) 868-1988	Provides parent-to-parent support for families with teens and young adults who are experiencing mental health, substance use or behavioral issues. Willows helps parents find solutions for their families, whether it is in-home or residential treatment. Peninsula, East Bay, and North Bay.
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