



## Mission

The mission of the Exceptional Family Resource Center (EFRC) is to provide support, information and education for families of children with disabilities and the professionals who assist these families.

By offering emotional support and factual information, the Center enables families to help their children reach their fullest potential.

## Vision

All children with disabilities will be given the opportunity to live with a supported and empowered family, fully participating within their community. Every community will be enriched by the inclusion of people with diverse abilities.

## About

EFRC is a designated CA Early Start Family Resource Center, serving families of infants and toddlers, birth to 3yrs., and one of fourteen Family Empowerment Centers (FECs), serving families of children and adults, 3 to 22 yrs. Through local and state partnerships, EFRC is active in systems change advocacy, policy and research.

## Services

EFRC offers family centered services, emphasizing parent choice, confidentiality and collaboration. Family Support Liaisons (FSLs) are peer mentors who have children with disabilities or special needs. FSLs have received training on family-driven services, communication skills, resources and systems navigation. They will assist you with identifying appropriate services to address the individual needs of your child and family. Services are at no cost to families.

## Empowering Families of Children with Special Needs in San Diego and Imperial Counties

**San Diego:** 9245 Sky Park Court, Ste. 130, San Diego, CA 92123  
**North County:** 255 Pico Ave., San Marcos, CA 92069  
**Imperial County:** 512 W. Aten Rd. Imperial, CA 92251

## Call the Exceptional Family Resource Center

if you have a concern about your child's development, or need assistance in accessing support, resources or services.

**San Diego:** 619.594.7416  
**North County:** 760.761.5553  
**Imperial County:** 760.355.0147

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## Core Services

### California Early Start Point of Entry:

Intake for early Intervention services

### Information, Resources & Referral Services:

Onsite, online and via phone

### Support Networks:

Individual and Group

### Parent-to-Parent Mentoring:

Social/Emotional Support

### Parent & Professional Education:

Conferences/Workshops

### Systems Navigation:

Regional Center, Education, Service Agencies

### Technical Assistance:

Individualized Family Service Plan (IFSP),  
 Individualized Education Program (IEP),  
 Individualized Transition Plan (ITP),  
 Post Secondary Education

