**Early Start Family Resource Centers (ESFRC)**
- 10 Countywide

| Ages 0-3 | Focus on families of infants and toddlers at risk of or with developmental delays and disabilities |
| Ages 0 to 26 | Focus on families who have children at young adults with disabilities, Note: FECs serve families with children 3-22. |

Support families who have children with:
- disabilities
- special health care needs
- at risk of developmental delays

More info at [www.dds.ca.gov/EarlyStart/FamilyResources.cfm](http://www.dds.ca.gov/EarlyStart/FamilyResources.cfm)

**Family Empowerment Centers (FEC)**
- 3 Countywide: WREC, NLAFREC, Parents’ Place

**Parent Training & Information Centers (PTI)**
- TASK

**Community Parent Resource Centers (CPRC)**
- 2 Countywide: Chinese Parents Assn. for the Disabled (CPAD) and Fiesta Educativa

**Family Voices of California (FVCA)**
- 1 Countywide: Eastern Los Angeles FRC

**Regional Centers**
- 7 Countywide

| Ages 0-Young Adult | Focus on families of infants to young adults with special health care needs |
| All Ages | People with qualifying developmental disabilities |

Support families who have children with:
- educational needs
- any disability where parents need information, training, and support

More info at: [www.cde.ca.gov/sp/qa/caprntorg.asp](http://www.cde.ca.gov/sp/qa/caprntorg.asp)

**Regional Centers provide:**
- diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability.

**FECs provide:**
- family education
- empowerment
- parent-professional activities in order to help children obtain a quality education, ages 3-22

**PTIs and CPRCs provide:**
- training and information to parents of infants, toddlers, children, and youth with disabilities and professionals (PTIs to age 26)
- service to all disabilities (emotional, learning, mental, and physical)
- CPRCs focus on underserved populations such as specific ethnic/racial groups and communities (all ages)

**FVCA agencies provide:**
- advocacy to improve policies and systems of care for children with special health care needs
- information and education to families and professionals regarding health care for these children

**Regional Centers provide:**
- 7 Countywide

| All Ages | People with qualifying developmental disabilities |

**The foundation of family-centered care is the partnership between families and professionals. Our key principles:**

- Families and professionals work together in the best interest of the child and family. As the child grows, (s)he assumes a partnership role.
- Everyone respects the skills and expertise brought to the relationship.
- Trust is acknowledged as fundamental.
- Communication and information sharing are open and objective.
- Participants make decisions together.
- There is a willingness to negotiate.

- **ESFRCs provide:**
  - parent-to-parent support
  - information and referral
  - transition assistance when the child is approaching age three

  Some ESFRCs offer services to families of children over age 3. If an ESFRC cannot help, ask if there is another center in the network that can.

- **FECs provide:**
  - family education
  - empowerment
  - parent-professional activities in order to help children obtain a quality education, ages 3-22

- **PTIs and CPRCs provide:**
  - training and information to parents of infants, toddlers, children, and youth with disabilities and professionals (PTIs to age 26)
  - service to all disabilities (emotional, learning, mental, and physical)
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- **FVCA agencies provide:**
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- **Regional Centers provide:**
  - diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability.
<table>
<thead>
<tr>
<th>Areas Served</th>
<th>Regional Centers</th>
<th>Address / Fax</th>
<th>Family Resource Centers</th>
<th>Address / Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>East &amp; Northeast LA, West San Gabriel Valley, Whittier, surrounding cities</td>
<td>Eastern Los Angeles Regional Center (ELARC) (626) 299-4700 • <a href="http://www.elarc.org">www.elarc.org</a></td>
<td>1000 S. Fremont Avenue, Alhambra, CA 91803 Fax: (626) 281-1163</td>
<td>Eastern Los Angeles Family Resource Center (626) 300-9171 • <a href="http://www.elafrc.org">www.elafrc.org</a></td>
<td>1000 S. Fremont Ave, Unit 35 Alhambra, CA 91803 Fax: (626) 300-9164</td>
</tr>
<tr>
<td>Harbor City, Harbor Gateway, Compton, surrounding cities, San Pedro, Wilmington, Carson</td>
<td>Harbor Regional Center (HRC) (310) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA Fax: (310) 540-9538</td>
<td>Carolyn Kordich Family Resource Center (310) 325-7288 • <a href="http://www.ckfrc.org">www.ckfrc.org</a></td>
<td>1135 W. 257th Street Harbor City, CA 90710 Fax: (310) 325-7288</td>
</tr>
<tr>
<td>Lakewood, Long Beach, Signal Hill</td>
<td>Harbor Regional Center (HRC) (310) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA Fax: (310) 540-9538</td>
<td>Long Beach Family Resource Center at Miller Children’s Hospital (562) 933-8048 • <a href="http://www.millerchildrenshospitallb.org">www.millerchildrenshospitallb.org</a></td>
<td>2801 Atlantic Ave, Long Beach, CA 90806 Fax: (562) 933-8430</td>
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<tr>
<td>Hermosa, Redondo &amp; Manhattan Bch, Palos Verdes, Catalina, Torrance</td>
<td>Harbor Regional Center (HRC) (310) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA Fax: (310) 540-9538</td>
<td>Harbor Regional Center Resource &amp; Assistive Technology Center (888) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA 90503 Fax: (310) 540-8471</td>
</tr>
<tr>
<td>Gardens, Lakewood, Norwalk</td>
<td>Harbor Regional Center (HRC) (310) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA Fax: (310) 540-9538</td>
<td>Southeast Family Resource Center (562) 926-7256 Fax: (562) 926-7254 • <a href="http://www.familyresourcenetworklac.org/se_frc.asp">www.familyresourcenetworklac.org/se_frc.asp</a></td>
<td>15415 Pioneer Bl., Norwalk, CA 90650. Mailing Address: PO Box 307, Lakewood, CA 90714</td>
</tr>
<tr>
<td>School Districts of the South Bay area</td>
<td>Harbor Regional Center (HRC) (310) 540-1711 • <a href="http://www.harborrc.org">www.harborrc.org</a></td>
<td>21231 Hawthorne Blvd., Torrance, CA Fax: (310) 540-9538</td>
<td>Southwest SELPA Family Resource Center (310) 944-3217 • <a href="http://www.swelpa.org">www.swelpa.org</a></td>
<td>320 Knob Hill Ave. Redondo Beach, CA 90277 Fax: (310) 798-2978</td>
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<tr>
<td>Central LA and surrounding cities</td>
<td>Lanterman Regional Center (LRC) (213) 383-1300 • <a href="http://www.lanterman.org">www.lanterman.org</a></td>
<td>3303 Wilshire Blvd, Ste 700 Los Angeles, CA 90010 Fax: (213) 353-6526</td>
<td>Koch-Young Resource Center at Frank D. Lanterman Regional Center (213) 252-5600 • <a href="http://www.lanterman.org">www.lanterman.org</a></td>
<td>3303 Wilshire Blvd, #700 Los Angeles, CA 90010 Fax: (213) 736-5170</td>
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<tr>
<td>San Fernando Valley cities</td>
<td>North Los Angeles Regional Center (NLARC) (818) 773-8450 • <a href="http://www.nlarc.org">www.nlarc.org</a></td>
<td>9200 Oakdale Avenue, Ste 100 Chatsworth, CA 91311 Fax: (818) 756-6140</td>
<td>Family Focus Resource &amp; Empowerment Center (818) 677-5755 • <a href="http://www.csunfamilyfocus.com">www.csunfamilyfocus.com</a></td>
<td>18111 Nordhoff St, El 109 Northridge, CA 91330-8265 Fax: (818) 677-5874</td>
</tr>
<tr>
<td>Santa Clarita Valley cities</td>
<td>North Los Angeles Regional Center (NLARC) (818) 773-8450 • <a href="http://www.nlarc.org">www.nlarc.org</a></td>
<td>9200 Oakdale Avenue, Ste 100 Chatsworth, CA 91311 Fax: (818) 756-6140</td>
<td>Family Focus Resource &amp; Empowerment Center - Santa Clarita Valley Branch (661) 294-9715 • <a href="http://www.csunfamilyfocus.com">www.csunfamilyfocus.com</a></td>
<td>25360 Magic Mountain Pkwy, Ste 150, Santa Clarita, CA 91355 Fax: (661) 517-1060</td>
</tr>
<tr>
<td>Antelope Valley cities</td>
<td>North Los Angeles Regional Center (NLARC) (661) 775-8450 • <a href="http://www.nlarc.org">www.nlarc.org</a></td>
<td>9200 Oakdale Avenue, Ste 100 Chatsworth, CA 91311 Fax: (818) 756-6140</td>
<td>Family Focus Resource &amp; Empowerment Center - Antelope Valley Branch (661) 945-9596 • <a href="http://www.csunfamilyfocus.com">www.csunfamilyfocus.com</a></td>
<td>43210 Gingham Avenue Lancaster, CA 93535 Fax: (661) 919-2784</td>
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<tr>
<td>San Gabriel Valley cities , Pomona and surrounding cities</td>
<td>San Gabriel Pomona Regional Center (SGPRC) (909) 620-7722 • <a href="http://www.sgprc.org">www.sgprc.org</a></td>
<td>75 Rancho Camino Drive Pomona, CA 91766</td>
<td>Parents’ Place Family Resource &amp; Empowerment Center (626) 919-1091 • <a href="http://www.parentsplacefrc.com">www.parentsplacefrc.com</a></td>
<td>1500 S. Hyacinth Avenue, Ste B West Covina, CA 91791 Fax: (626) 919-2784</td>
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<tr>
<td>South Central, Southeast &amp; Southwest LA, and surrounding cities</td>
<td>South Central Los Angeles Regional Center (SCLARC) (213) 744-7000 • <a href="http://www.sclarc.org">www.sclarc.org</a></td>
<td>2500 S. Western Avenue Los Angeles, CA 90018</td>
<td>McClaney Family Resource Center (213) 744-8882 • <a href="http://www.sclarc.org">www.sclarc.org</a></td>
<td>2500 S. Western Avenue Los Angeles, CA 90018 Fax: (213) 986-3037</td>
</tr>
<tr>
<td>West LA and surrounding cities</td>
<td>Westside Regional Center (WRC) (310) 258-4000 • <a href="http://www.westsiderc.org">www.westsiderc.org</a></td>
<td>5901 Green Valley Circle, #320 Culver City, CA 90230 Fax: (310) 649-1024</td>
<td>Westside Family Resource &amp; Empowerment Center (310) 258-4063 • <a href="http://www.wfrc.org">www.wfrc.org</a></td>
<td>5901 Green Valley Circle, #320 Culver City, CA 90230 Fax: (310) 338-9664</td>
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