



# DIRECTORY OF SELF-ADVOCACY AND SUPPORT GROUPS FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES IN LOS ANGELES COUNTY

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Developmental Disabilities Area Board 10  
of the State Council on Developmental Disabilities

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## INTRODUCTION



Developmental Disabilities Area Board 10 is pleased to provide this updated *Directory of Self-Advocacy and Support Groups for People with Developmental Services in Los Angeles County*. The Directory is part of our efforts to provide information about resources available in the community for people with developmental disabilities. (Please note that our listing of Support Groups for Parent and Family Members is in a separate publication on our website.)



Self-Advocacy groups are run by and for young adults and adults who have developmental disabilities. Group members learn to speak up for themselves, learn about rights and responsibilities, learn to make choices, help one another solve problems, and assist others in the community in a many ways. Most groups have a facilitator that supports the group as needed. Other types of groups such as People First groups, advisory committees, client councils, and support groups might also be self-advocacy groups if they are led by people with disabilities.



Please note that some of the groups in this Directory are only for people receiving services from a particular program. Be sure to call or email first to find out meeting details and to make sure the group is right for you.



This booklet also has a list of regional center Consumer Advocates, Consumer Advisory Committees, and statewide self-advocacy resources. These offer more ways to get information and get involved in advocacy. Use the Table of Contents to find those pages to learn more about what they do.



If you know of any changes or additional groups that should be listed in this booklet, please contact us. We will be updating our website periodically. Finally, if you can't find a group that meets your needs or if you would like more information about self-advocacy or about how to start a group, feel free to contact Area Board 10 at 818-543-4631.

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## SELF-ADVOCACY AND SUPPORT GROUPS



<b>AGENCY/GROUP</b>	<b>CONTACT</b>
AGUA Classic (Adults Gathering United and Autistic)	Heidi Lissauer <a href="mailto:aguaclassic@earthlink.net">aguaclassic@earthlink.net</a>
AR and C Long Beach “California Adult Council” (Advocacy for Respect and Choice) 4519 E. Stearns Long Beach, CA. 90815	Cathy Stewart 562-597-4396 <a href="mailto:harryvanloon.arc@verizon.net">harryvanloon.arc@verizon.net</a>
CAPC Inc. 7200 Greenleaf Ave. #170 Whittier, CA 90602	Edith Fierro 562-693-8826 <a href="mailto:fierroe@capcinc.org">fierroe@capcinc.org</a> <a href="http://www.capcinc.org">www.capcinc.org</a>
Career Connection 9401 S. Painter Ave. Whittier, CA 90602	Richard Rosenberg 562-698-8121 ext. 1250 <a href="mailto:richard.rosenberg@wuhsd.org">richard.rosenberg@wuhsd.org</a>
CHADD – Support Group for Adults with Attention Deficit Disorder	<a href="http://health.groups.yahoo.com/group/chadd_pasadena/">http://health.groups.yahoo.com/group/chadd_pasadena/</a> (Sign up at the website to receive information about monthly meetings held in Pasadena.)
CRTC “Speak Out” Group 536 N. Vincent Ave. Covina, CA 91722	Jude Ruda 626-966-4438 <a href="mailto:jccrtc@msn.com">jccrtc@msn.com</a>
Easter Seals (Glendale) 710 W. Broadway Glendale, CA 91204	Rachel Saucedo 818-383-8936 <a href="mailto:rachel.saucedo@essc.org">rachel.saucedo@essc.org</a> <a href="http://www.southern.easterseals.com">www.southern.easterseals.com</a>

AGENCY/GROUP	CONTACT
Easter Seals (Pasadena) 50 N. Hill, Suite 100 Pasadena, CA 91104	Rachel Saucedo 818-383-8936 <a href="mailto:rachel.saucedo@essc.org">rachel.saucedo@essc.org</a> <a href="http://www.southern.easterseals.com">www.southern.easterseals.com</a>
ECF PAR Services “Flying Eagles” 8740 Washington Blvd. Culver City, CA. 90232	Marva Shaw 310-204-3300
Epilepsy Network for Adults 5777 W. Century Blvd. #820 Los Angeles, CA. 90045	Rebekkah Halliwell 310-670-2870 <a href="mailto:rhalliwell@end-epilepsy.org">rhalliwell@end-epilepsy.org</a>
FVO Solutions (Foothill Vocational) 789 N. Fair Oaks Ave. Pasadena, CA. 91103	Robert Wahlstrom 626-449-0218 ext. 217 <a href="mailto:rob@foothillvoc.org">rob@foothillvoc.org</a> <a href="http://www.fvosolutions.com">www.fvosolutions.com</a>
GRASP (Global and Regional Asperger Syndrome Partnership)	<a href="http://grasp.org/page/grasp-support-group-los-angeles-ca">http://grasp.org/page/grasp-support-group-los-angeles-ca</a> (Sign up at the website to receive information about monthly meetings held in West L.A.)
Ideal Program Services “People’s Choice Club” 3970 W. Martin Luther King Blvd. Los Angeles, CA 90008	Lara Okunubi 323-296-2255 <a href="mailto:lokunubi@idealprogramservices.org">lokunubi@idealprogramservices.org</a>
Jay Nolan Community Services 15501 San Fernando Mission Blvd. Suite 200 Mission Hills, CA 91345	Suad Bisogno 818-205-3505 <a href="mailto:sbisogno@jaynolan.org">sbisogno@jaynolan.org</a>

AGENCY/GROUP	CONTACT
<p>“Just 4 Us Group”  North Los Angeles County Regional Center  15400 Sherman Way, Suite 170  Van Nuys, CA. 91406</p>	<p>Suzanne Paggi  <a href="mailto:suzdpaggi@gmail.com">suzdpaggi@gmail.com</a>  or  Kathryn Lincoln  818-756-6225  <a href="mailto:klincoln@nlacrc.org">klincoln@nlacrc.org</a></p>
<p>Lanterman Developmental Center Residents’ Council  P. O. Box 100  Pomona, CA. 91769</p>	<p>Linda Hazard  909-444-7609  <a href="mailto:lhazard@ldc.dds.ca.gov">lhazard@ldc.dds.ca.gov</a></p>
<p>Lincoln Training Center “Client Council”  2643 Loma Ave.  S. El Monte, CA. 91733</p>	<p>Mario Manzano  626-636-2564  <a href="mailto:mariom@lincolntc.org">mariom@lincolntc.org</a></p>
<p>NAMI Connections  (Consumer Groups for Adults with Mental Illness)</p>	<p>Sharon Dunas  310-889-7200  <a href="http://www.namila.org/support-groups/">http://www.namila.org/support-groups/</a>  (Call and check website for meeting information, held in West L.A.)</p>
<p>New Horizons Self-Advocacy Group  15725 Parthenia  North Hills, CA 91343</p>	<p>Janie Lord, Gay Wane, or Destry Walker  818-894-9301  <a href="mailto:gwane@newhorizons-sfv.org">gwane@newhorizons-sfv.org</a></p>
<p>North Los Angeles County Regional Center Self-Advocacy Group  15400 Sherman Way, Suite 300  Van Nuys, CA 91406</p>	<p>Kathryn Lincoln  818-756-6225  <a href="mailto:klincoln@nlacrc.org">klincoln@nlacrc.org</a></p>
<p>Peak Performance Training Center “Social Advocacy Group”  4859 W. Slauson Ave. #340  Los Angeles, CA 90056</p>	<p>Yolanda Cabrera  310-673-7782  <a href="mailto:yolidilo@yahoo.com">yolidilo@yahoo.com</a></p>

<b>AGENCY/GROUP</b>	<b>CONTACT</b>
Pleasantview Employment Group 27921 Urbandale Ave. Saugus, CA 91350	Jennifer Zimmerman 661-296-6700 <a href="mailto:ghpvi@sbcglobal.net">ghpvi@sbcglobal.net</a>
Self-Advocacy Board of Los Angeles County 411 N. Central Ave., Suite 620 Glendale, CA 91203	Julie Eby-McKenzie 818-543-4631 <a href="mailto:julie.eby-mckenzie@scdd.ca.gov">julie.eby-mckenzie@scdd.ca.gov</a>
Social Vocational Services “People First of the South Bay and San Pedro” 3555 Torrance Blvd. Torrance, CA 90503	Barbara Haney 310-944-3303 ext. 113 <a href="mailto:bhaney@svsinc.org">bhaney@svsinc.org</a>
Tierra del Sol “Multicultural Self-Advocacy Group” 9919 Sunland Blvd. Sunland, CA 91040	Julie Snyder 818-352-1419 <a href="mailto:jsnyder@tierradelsol.org">jsnyder@tierradelsol.org</a>
United Cerebral Palsy 6430 Independence Ave. Woodland Hills, CA 91367	Terri Lantz 818-772-2211 ext 582 <a href="mailto:tlantz@ucpla.org">tlantz@ucpla.org</a>
WAPADH 9300 Santa Fe Springs Rd. Santa Fe Springs, CA 90670	Brady Miller-Wakeham 562-946-0467 ext 408 <a href="mailto:bmiller-wakeham@wapadh.com">bmiller-wakeham@wapadh.com</a> (Several groups – some meet at WAPADH; some meet at Sorenson Library in Whittier)



AGENCY/GROUP	CONTACT
<p>Westside Regional Center (sponsors many groups):</p> <p>Culver City People First (at Dinah's Restaurant)</p> <p>Friendship Network (at Hamburger Habit)</p> <p>Independent Group (at El Pollo Loco, Culver City)</p> <p>Leaders of Tomorrow (Downtown Culver City)</p> <p>Mindfulness Meditation (at UCLA)</p> <p>Movers Group (at Hamburger Habit)</p> <p>Network Social (at Westside Regional Center)</p> <p>People in Action (at Burger King, Culver City)</p> <p>Santa Monica People First (at Santa Monica Place Food Court)</p> <p>Shakers Group (at Howard Hughes Mall and various other locations)</p> <p>Strive for Awareness (at Boston Market on Pico in West L.A.)</p> <p>Travel Club (at Quizno's, Culver City)</p> <p>Winners Group (at Tito's Tacos, Culver City)</p>	<p>Some group locations change, so for all group times, dates, and addresses, contact:</p> <p>Linda Butler 310-258-4245</p> <p>or</p> <p>Marcia James (facilitator for all groups) <a href="mailto:mtjam21@yahoo.com">mtjam21@yahoo.com</a></p>

## REGIONAL CENTER CONSUMER ADVOCATES



Each regional center has at least one Consumer Advocate who is a person on their staff who has a disability. Their job is to help you with questions about your rights and to help start new self-advocacy groups or help existing ones grow stronger. They can also provide information and training about various topics and resources.

<b>REGIONAL CENTER</b>	<b>CONSUMER ADVOCATE</b>
Eastern Los Angeles Center 1000 S. Fremont Ave. Alhambra, CA 91802	Jesse Padilla 626-299-4854 <a href="mailto:jpadilla@elarc.org">jpadilla@elarc.org</a>
Harbor Regional Center 21231 Hawthorne Blvd. Torrance, CA 90503	Kelly Sutton 310-543-0683 <a href="mailto:kelly.sutton@harborrc.org">kelly.sutton@harborrc.org</a>
Lanterman Regional Center 3303 Wilshire Blvd., Suite 700 Los Angeles, CA. 90010	Mary Flynn 213-252-4974 <a href="mailto:mflynn@lanterman.org">mflynn@lanterman.org</a>
North Los Angeles County Regional Center 15400 Sherman Way, Suite 300 Van Nuys, CA 91406	Jose Rodriguez 818-756-6289 <a href="mailto:jrodriguez@nlacrc.org">jrodriguez@nlacrc.org</a>
San Gabriel Pomona Regional Center 721 Corporate Center Dr. Pomona, CA 91768	Jeffrey Casillas 909-868-7526 <a href="mailto:jcasillas@sgprc.org">jcasillas@sgprc.org</a>
South Central Los Angeles Regional Center 650 W. Adams Blvd. Los Angeles, CA 90007	Desiree Boykin 213-743-3071 <a href="mailto:desireeb@sclarc.org">desireeb@sclarc.org</a>

<b>REGIONAL CENTER</b>	<b>CONSUMER ADVOCATE</b>
Westside Regional Center 5901 Green Valley Circle, Suite 320 Culver City, CA 90230	Linda Butler 310-258-4245 <a href="mailto:lindab@westsiderc.org">lindab@westsiderc.org</a>

**REGIONAL CENTER CONSUMER ADVISORY COMMITTEES**  
**(also sometimes called Client Advisory Committees)**



Consumer or Client Advisory Committees (CAC's) are a group of self-advocates who give suggestions to their regional center Board of Directors about how to improve services. They are another good way to get involved and learn leadership skills.

<b>REGIONAL CENTER (addresses are on pages 10-11)</b>	<b>CONTACT FOR INFORMATION ABOUT CONSUMER ADVISORY COMMITTEE</b>
Eastern Los Angeles Regional Center	Mary Hosokawa 626-299-4643 <a href="mailto:mhosokaw@elarc.org">mhosokaw@elarc.org</a>
Harbor Regional Center	Rick Travis 310-792-4721 <a href="mailto:rick.travis@harborrc.org">rick.travis@harborrc.org</a>
Lanterman Regional Center	Helane Schultz 213-252-6606 <a href="mailto:hschultz@lanterman.org">hschultz@lanterman.org</a> OR Gaby Sanchez 213-252-4930 <a href="mailto:gsanchez@lanterman.org">gsanchez@lanterman.org</a>
North Los Angeles County Regional Center	Eugene Bailey 818-756-6164 <a href="mailto:ebailey@nlacrc.org">ebailey@nlacrc.org</a>
San Gabriel Pomona Regional Center	Yvonne Gratianne 909-868-7732 <a href="mailto:ygratianne@sgprc.org">ygratianne@sgprc.org</a>

<b>REGIONAL CENTER</b> <b>(addresses are on pages 10-11)</b>	<b>CONTACT FOR INFORMATION</b> <b>ABOUT CONSUMER ADVISORY</b> <b>COMMITTEE</b>
South Central Los Angeles Regional Center	Phyllis McLean 213-744-8899 <a href="mailto:phyllism@sclarc.org">phyllism@sclarc.org</a>
Westside Regional Center	Marcia James <a href="mailto:mtjam21@yahoo.com">mtjam21@yahoo.com</a>

## STATEWIDE SELF-ADVOCACY RESOURCES



These groups have self-advocate representatives who are leaders from all over California. The groups advocate for better services and policies with legislators and help get more people involved in self-advocacy. They also bring statewide information back to other self-advocates in their home areas about rights and other important topics. They share information through conferences, trainings, newsletters, booklets, social networking, and other activities.

<b>GROUP/AGENCY</b>	<b>CONTACT</b>
Department of Developmental Services Consumer Advisory Committee 1600 9 <sup>th</sup> St. Sacramento, CA. 94244	Nicole Patterson 916-654-1494 <a href="mailto:nicole.patterson@dds.ca.gov">nicole.patterson@dds.ca.gov</a> Website: <a href="http://www.dds.ca.gov/ConsumerCorner/CAC.cfm">http://www.dds.ca.gov/ConsumerCorner/CAC.cfm</a>
People First of California 1225 8 <sup>th</sup> St., Suite 360 Sacramento, CA. 95814	Joe Meadours 916-552-6625 1225 8th Street, Suite 360 Sacramento, CA 95814 <a href="mailto:info@peoplefirstca.org">info@peoplefirstca.org</a> Website: <a href="http://www.peoplefirstca.org/">http://www.peoplefirstca.org/</a>
Statewide Self-Advocacy Network State Council on Developmental Disabilities 1507 21st Street, Suite 210 Sacramento, CA 95811	Austin Taylor, Chair 916-322-8481 <a href="mailto:council@scdd.ca.gov">council@scdd.ca.gov</a> Website: <a href="http://www.scddadvocacy.org/">http://www.scddadvocacy.org/</a>