

ADAPTIVE RECREATION INCORPORATING SOCIAL ENRICHMENT

ARISE ABLE



Resource Guide



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Disclaimer: The City of Lake Elsinore has developed this guide as a reference tool to assist parents, caregivers, and individuals affected with disabilities by providing a list of local resources in the community. The City of Lake Elsinore does not recommend, endorse, or guarantee services for any of the information included in this guide. You are urged to use independent judgment and request references when considering any resources provided in this guide.

Advocacy

Inland Regional Center (IRC)

[Inland Regional Center | Serving Individuals with Developmental Disabilities in San Bernardino and Riverside Counties \(inlandrc.org\)](http://www.inlandrc.org)

Inland Regional Center is a springboard to greater independence for people with developmental disabilities in the Inland Empire. We are a non-profit agency that has provided support to people with intellectual disabilities, autism, cerebral palsy, and epilepsy since 1972. Today we provide case management and service coordination for more than 42,000 Clients in Riverside and San Bernardino counties.

Office Hours:

Monday - Friday 8:00 a.m. to 5:00 p.m.

After-hours: (909) 890-3000, then press "0"

Visits by appointment only.

San Bernardino Office:

1365 South Waterman Avenue

San Bernardino, CA 92408

Front Desk: (909) 890-3000

Please do not call Front Desk for Intake. Phone calls will be returned within 1-2 business days.

Riverside Office:

1500 Iowa Avenue, Suite 100

Riverside, CA 92507

Front Desk: (951) 826-2600

Please do not call Front Desk for Intake. Phone calls will be returned within 1-2 business days.

Mailing Address:

P.O. Box 19037

San Bernardino, CA 92423

Autism Research Institute

(866) 366-3361

Spanish (877) 644-1184 ext. 5

www.autism.com

The Autism Research Institute (ARI), a non-profit organization, is the hub of a worldwide network of parents and professionals concerned with autism. ARI is a Support Network that provides parents and caretakers with conferences, e-newsletters, online discussion forums, and support lines. Resources for adults with ASD are also offered.

Autism Society of the Inland Empire

2276 Griffin Way, Suite 105-194 Corona, CA 92879

(951) 220-6922

Email: ieautism@att.net

www.ieautism.org

The mission of the Autism Society Inland Empire Chapter is to improve the lives of all affected by an autism spectrum disorder. This is done by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research, support and advocacy.

Community Access Center

6848 Magnolia Avenue, Suite 150

Riverside, CA 92506

(951) 274-0358

www.ilcac.org

The CAC serves all people with physical and mental disabilities by providing information and referrals, supportive services, assistance with Individualized Educational Plans (IEP) meetings, peer counseling, assistive technology, and independent living skills training.

The Epilepsy Center

6185 Magnolia Ave., Ste. 63

Riverside, CA 92506

(951) 281-9892

www.theepilepsycenter.org

The mission of The Epilepsy Center is to raise awareness and educate the community about epilepsy and empower those who are affected by it. The Epilepsy Center is dedicated to bringing hope to those affected by epilepsy through continued services, support, and education.

Interactive Autism Network (IAN)

www.ianproject.org

The Interactive Autism Network (IAN) is an innovative online project bringing together tens of thousands of people affected by autism spectrum disorders (ASD) and hundreds of researchers in a search for answers. Individuals with an ASD and their families can share information in a secure setting to become part of the largest online autism research effort. The data collected by IAN both facilitates scientific research and empowers autism community leaders to advocate for improved services and resources. In addition, anyone impacted by an ASD can become part of IAN's online community to stay informed about autism research and make their voices heard.

Our Nicholas Foundation

31493 Rancho Pueblo Rd. #205

Temecula, CA 92592

(951) 303-8732

Email: TeamONF@gmail.com

<http://www.ournick.org/>

The Foundation's primary mission is to increase awareness of Autism and to provide financial support for education, therapies, families, and research organizations that enrich the lives of children with Autism Spectrum Disorders.

SEARCH Family Autism Resource Center

UC Riverside Support, Education, Advocacy, Resources, Community, Hope

(951) 827-3849

<https://searchcenter.ucr.edu/>

SEARCH is the University of California's first family autism resource center focused exclusively on family needs, such as educational access. Housed in the UCR Graduate School of Education, the mission of SEARCH is to provide support, education, advocacy, resources, community and hope to families who have loved ones on the autism spectrum.

Unlocking Autism

(866) 366-3361

www.unlockingautism.org

Assists parents via a national call center providing 24-hour parent-to-parent phone support hotline. Also provides education on issues related to autism and a network to assist parents of children newly diagnosed with autism.

Education

Online Resources for Teaching

ABA Resources LTD

<http://abaresources.com/index.htm>

ABA Educational Resources Ltd. is committed to be a leading-edge website providing practical resource materials for families and professionals using educational strategies for children with autism. Our goal is to facilitate the delivery ABA services to families through the provision of resource materials at a free and/or affordable cost.

Special Learning House

<https://www.speciallearninghouse.com/free-autism-resources/>

The following materials are available as downloads. These activities will help you build communication, interaction, self-help (think, teeth brushing!) and sensory skills, while also helping you to decrease frustration and meltdowns.

Touch Math

www.touchmath.com

TouchMath is a multisensory program that uses its signature TouchPoints to engage students of all abilities and learning styles. TouchMath has been proven to raise math test scores in classrooms around the world for over three decades. Use this intuitive system as a supplement to any curriculum or as a stand-alone program.

Schools

California Department of Education

(800) 926-0648

www.cde.ca.gov/sp/se/fp/

Provides technical assistance information and resources for parents, school districts, advocates, agencies and others of procedural safeguards regarding students between ages 3 and 21 with disabilities and their educational rights.

Lake Elsinore Unified School District

545 CHANEY STREET

LAKE ELSINORE, CA 92530

PHONE: (951) 253-7000

[Lake Elsinore Special Education Services – Special Education – Lake Elsinore Unified School District \(leusd.k12.ca.us\)](http://leusd.k12.ca.us)

Riverside Unified School District Special Education Dept. <http://www.rusdlink.org/Page/158>

Temecula Valley Unified School District Special Education Dept. http://www.tvusd.k12.ca.us/sped_overview

Murrieta Valley Unified School District Special Education Depart. <http://www.murrieta.k12.ca.us/domain/64>

Hemet Unified School District Special Education Dept. <http://www.hemetusd.org>

Menifee Union School District Special Education Dept. – <http://www.menifeeusd.org/district/Department/72-Special-Education>

Big Springs Center & School

11650 Perris Blvd.
Moreno Valley, CA 92557
(951) 488-0404

www.bigspringscenterandschool.org

Big Springs Educational Therapy Center and School has been providing help for children and adults with learning disabilities for over 25 years. We provide educational assessments to diagnose learning disabilities and give recommendations for programs, compensations, and strategies to help children and adults who are struggling academically or on the job. We also provide one-on-one individualized therapy sessions, a full-time private school for elementary age children, a half-time middle school campus, and resources and information on learning disabilities.

California School for the Deaf, Riverside (CSDR)

3044 Horace Street
Riverside, CA 92506(951) 248-7700

<http://csdr-cde.ca.gov/>

California School for the Deaf, Riverside offers comprehensive educational and extra-curricular programs that prepare students to achieve their full academic, social, and career potential. CSDR provides intensive, specialized services to students between the ages of 3 and 21 years, with or without additional disabilities whose primary education needs are due to their deafness.

Riverside County SELPA

975 West Morgan St. Building G
Perris, California 92571
(951) 490-0375

<http://rcselpa.org/>

The Riverside County Special Education Local Plan Area (SELPA) is the largest multi-district SELPA in California, with 25-member local educational agencies (LEAs). The SELPA is responsible for providing guidance and support to its member LEAs in the implementation of the legal requirements of the Individuals with Disabilities Education Improvement Act (IDEIA), and its supporting regulations for Special Education. The SELPA is the regionalized services link between the California Department of Education (CDE) Special Education Division and the LEAs. Members work collaboratively together and with other public agencies to make available a full continuum of special education services for students with disabilities from birth to age 22.

Learning Assistance

BreakThrough Student Assistance Program

Dean Lesicko-Student Support Coordinator

(951) 677-0568 ext. 6479

<http://www.murrieta.k12.ca.us/page/315>

Breakthrough helps students make it through school safely and successfully. The breakthrough Student Assistance Program is a unique method for providing family specific services to any family in the Murrieta Valley Unified School District.

CARE Learning Center and Counseling Services

27715 Jefferson Ave. #112

Temecula, CA 92592

(951) 837-3215 or (951) 708-6835

www.carelearningcenters.org

CARE (Community Alliance for Responsible Education, Inc.) Learning Center and Counseling Services is a nonprofit, 501(c)(3) educational and counseling organization comprised of professional educators, licensed psychologists, therapists, and counselors. CARE provides services in a supportive and sensitive environment and embraces the multicultural needs of the community.

Special Needs Tutoring

(877) 97-TUTOR

www.specialneedstutoringusa.com

Tutors available in the Temecula area. Our tutors provide highly individualized, one-on-one tutoring sessions in the comfort and security of your home, schools, after school facilities, libraries, or community centers. We are compassionate, enthusiastic, and highly experienced! All of our tutors possess either professional degrees and/or have had at least one school year working with students with special needs. We serve kindergarten through 12th grade.

Learning Disabilities

International Dyslexia Association, Inland Empire Branch

225 Canyon Crest Dr., Ste. 71-308

Riverside, CA

(951) 686-9837

www.dyslexia-ca.org

We are a volunteer organization of parents and professionals who are concerned about literacy. Our focus is to support and benefit individuals, adults, students, families, educators, and professionals dealing with learning differences, including dyslexia.

Secondary and Post-Secondary Education

Mt. San Jacinto

[Menifee Valley Campus \(MVC\)](#)

28237 La Piedra Rd., Menifee, CA 92584

Building 100

Phone: (951) 465-7969

Email: dspsmvc@msjc.edu

ASC Office Hours:

Monday - Thursday from 8:00am to 4:30pm

Friday - 8:00am to 11:45am **ASC Counseling Hours:** Contact for Availability <https://www.msjc.edu/asc/new-student-intake-forms.html>

Riverside City College

Disability Resource Center (DRC)

Location: Dr. Charles A. Kane Student Services Administration Building Room CAK-130.

Hours of Operation: Monday-Friday 8 am to 5 pm (6 pm on Tuesdays)

Phone (Voice): (951) 222-8060

Video Phone (for Deaf and Hard of Hearing): (951) 801-5675

Email: drc@rcc.edu

College of the Desert

College of the Desert

43-500 Monterey Ave

Palm Desert, CA 92260

(760) 773-2534

www.collegeofthedesert.edu/students/dsps/default.php

Palo Verde Community College

One College Dr.

Blythe, CA 92225

(760)921-5489

<https://www.paloverde.edu/current-students/dsps.aspx>

Loma Linda University

(909) 558-8161 www.llu.edu

California Baptist University

(951) 689-5771

www.calbaptist.edu

University of California, Riverside

(951) 787-1012

www.ucr.edu

Sports and Recreation

District 28 Challenger Baseball

Our Challenger baseball program has just got even better!!!! Our District is made up of 7 Little Leagues, and we have merged to make our Challenger baseball program that much bigger!!! Canyon Lake, Lake Elsinore, Menifee, Temescal Canyon, Wildomar, Murrieta and Temecula have all come together and will be joining our Challenger divisions into one!!!

This division is uniquely made to enable children and adults ages 4 and older with physical and mental challenges to enjoy the game of baseball, regardless of any challenges they may face.

There is no charge for registration. Each player will receive a full uniform. Each player will have their own “buddy” that will assist them during the game if they need it.

If you or someone you know is interested in signing up for this division, please contact Amy Frahn via email district28challengers@yahoo.com.

Champions League – City SC

info@cityslakeelsinore.com

Champions League Mission Statement

Our mission is to provide all kids with a chance to play soccer, while giving their families a chance to watch their kids participate in a sport with other kids in a fun, safe environment.

What is Champions League?

City SC’s Champions League is a no cost soccer program for kids from 2-18 years old that have medical or physical disabilities. The program pairs players with volunteer buddies to encourage first time players or to allow returning players to continue to learn and grow as soccer players, all while having fun and getting exercise.

Bill’s Special Kids

For kids with special needs ages 5-18. Offers baseball, bowling, basketball, and soccer all year round. Also offers dance on Tuesday nights.

<https://www.billsspecialkids.org/>

Exceptionally Excited Kids (E.E.K. Fitness)

Nonprofit organization for all special needs individuals ages 2 through 25. E.E.K. involves exercise, play, socializing, noncompetitive games, and nutrition to encourage children and adults with special challenges into optimum condition within their disabilities. Offers a Basketball Program for kids and young adults with disabilities on Saturdays.

. <https://www.eekfitness.com>

Special Olympics

A nonprofit organization dedicated to providing year-round sports training and competition in a variety of Olympic-type sports for people eight years of age and older with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendships with their families, other Special Olympics athletes, and the community. Three levels of sports competition in Southern California: Area (Local) games, regional games, and Championships. Visit the website for nearby programs. Free to the public. Accepts donations. Please refer to websites for emails and contact information specific to each area.

Website for Southern California: <http://www.sosc.org/Page.aspx?pid=421>

Website for Riverside/San Bernardino Region <http://www.sosc.org/Page.aspx?pid=321>

American Youth Soccer Organization (AYSO) Very Important Player (VIP) Division

The AYSO created the VIP division to provide an opportunity for children with special needs to play soccer in a safe and adaptive environment. VIP divisions are located throughout the United States, including an Inland Empire Region and a West Riverside County Region. Use the links below for more information.

<https://ayso.bluesombrero.com/Default.aspx?tabid=948354>

S.K.I.P.

Supporting Kids, Involving Parents

The S.K.I.P. (Supporting Kids Involving Parents) Program, is an exciting "parent and me" program that provides children with special needs opportunities for sensory enrichment, improvement of social skills, recreational play, and parent support. While children learn and grow, parents interact with others who understand what it is like to raise a child with special needs.

- Ages: 0-12
- Location: MPSC; 41845 Sixth Street, Temecula CA 92590
- Time: Held on the first Wednesday of the month, from 6:00 - 7:30 pm

<https://temeculaca.gov/807/Special-Needs-Programs>

High Hopes

The Temecula High Hopes Program provides adults with special needs an opportunity for social interaction with peers, while participating in group activities and events.

- **Ages:** 18+
- **Location:** High Hopes events are held at the Mary Phillips Senior Center, unless otherwise noted.
- **Day & Time:** Fridays from 6:00 - 9:00

Pre-Registration is required and can be completed online

City of Murrieta

The City of Murrieta's Alternative Recreation Program (ARP) is a social program for adults, 18 years and older with intellectual and developmental disabilities. Facilitated by a team of city staff, ARP provides supervised events that promote social skills, verbal and non-verbal communications, creative expression, and participants are able to develop new friendships in a supportive environment. The events include, but are not limited to themed dances, picnics, local excursions, and movie nights. Our goal is to offer opportunities for meaningful peer engagement through music, dancing, games, activities, and more.

Most Alternative Recreation Program events are held at the Murrieta Community Center at 41810 Juniper Street. The cost is \$2 per participant (guardians and caregivers are free) for most events, unless specified otherwise.

For more information call 951-304-PARK (7275).

<https://www.murrietaca.gov/482/Alternative-Recreation>

Employment

California Department of Rehabilitation

3130 Chicago Avenue
Riverside, CA
(951) 782-6650
27555 Ynez Road, Suite 310
Temecula, CA 92591-4678
(951) 693-4451

www.rehab.cahwnet.gov/

The department works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living, and equality for individuals with disabilities.

Career and Employment Guide for Job Seekers and Employees with Disabilities

Email: rjacobs@pcc.edu

http://spot.pcc.edu/~rjacobs/career/new_page_2.htm

A Career and Employment Guide intended to assist in searching, preparing, planning, and maintaining a career.

Care-Rite Vocational Services

40880 County Center Dr., Suite M
Temecula, CA 92591-6024
(951) 719-3377

Care-Rite is a supported work program for adults with developmental disabilities.

<https://careritevoc.com/>

Highpointe

16475 Lakeshore Drive Unit101, Lake Elsinore, CA 92530
951-471-5886 (Admin)
Mon-Fri: 8:00-16:00; Sat &Sun: Closed

Highpointe is a community-based full-service care facility for individuals with intellectual and developmental disabilities.

<https://highpointecare.org/>

Center for Employment Training

27941 Jefferson Ave
Temecula, CA 92590
(951) 699-8180
Email: temecula@cet2000.org

www.cetweb.org

The mission of CET, an economic and community development corporation is to promote human development and education by providing people with marketable skills training and supportive services that contribute to self-sufficiency.

EXCEED

2050 Trumble Road
Perris, CA 92572
(951) 657-0609 (800) 423-1227
www.exceed-aws.com

EXCEED provides work adjustment, work experience, sheltered employment, job readiness, job coaching, and placement services for individuals with any disabling conditions, ages 18 and older.

Habilitation Services

(909) 890-3422

Habilitation Services means those community-based services purchased or provided for adults with developmental disabilities, including supported employment or competitive employment, to prepare and maintain them at their highest level of vocational functioning, or to prepare them for referral to vocational rehabilitation services. In order to receive habilitation services, clients must be at least 18 years old and a client of Inland Regional Center.

Regional Occupational Program

3939 Thirteenth Street
Riverside, CA 92502-0868
(951) 826-6810

The Regional Occupational Program provides job training to the residents of Riverside County age 16 years and older. The training includes three categories: Entry level job training—preparation for immediate employment upon completion of training, upgrading of skills to keep pace with changing technology, Preparation for advanced training at the technical school or college level. Information and registration, class descriptions, and locations can be obtained at the R.O.P. office located on the third floor at the above address.

Riverside County Greater Avenues for Independence (GAIN)

<http://gain-riverside.org/>

Our mission is to work vigorously to free our participants from the burden of welfare dependence and achieve a better and happier lifestyle of self-sufficient citizenship. We will serve the taxpayer of Riverside County by reducing welfare dependency thus making tax dollars available for more productive expenditures.

TMI Employment Solutions—Toward Maximum Independence

41707 Winchester Rd., Suite 304
Temecula, CA
(952) 296-2090
<http://www.tmi-inc.org/cms/>

It is the mission of TMI to support the value, right and responsibilities of all people with the support of their advocates, to make informed choices regarding how they live, work, and express their membership in community. We accomplish this by providing personalized supports to people in their own homes, workplaces, schools, families, and neighborhoods.

Transition Partnership Project

Contact: Lynn Smith

(951) 826-6763

lsmith@rcoe.us

<http://www.rcoe.k12.ca.us/studentPrograms/transitionPartner.html>

The Transition Partnership Program (TPP), RCOE's collaboration with the Department of Rehabilitation, is designed to help students as they move out of Special Education and into career. More than 350 students from participating school districts join the program each year. TPP provides a two-semester course that includes decision-making skills, interest assessment, career exploration and job preparation. Support continues after high school and may include job placement assistance and vocational training or financial assistance to purchase job required tools or uniforms.

Westview Employment Services—Inland Region

(951) 343-2356

<http://westviewservices.org/employment.aspx>

We believe that given the opportunity people with disabilities are capable of earning wages and achieving higher degrees of independence. We offer the community an invaluable service by linking businesses with a qualified pool of willing workers.

WorkAbility

Job Developer, Tracey Hunter

Job Coach, Bridget Dillon-Denton

(951) 506-7070

WorkAbility is an opportunity for students to bridge the gap between school and the adult working world with the assistance on behalf of the Temecula Valley Unified School District to assist students with identified educational needs in acquiring marketable job skills.