



## Orange County Family Empowerment Centers and Family Resource Centers

### What Is a Family Empowerment Center?

Family Empowerment Centers offer parents and guardians of children with disabilities ages 3–18 and young adults ages 19–22 access to accurate information, specialized training and peer-to-peer support in their communities. Young adults must have had an individualized education plan before they turn 18.

Orange County's Family Empowerment Center is:

#### **Team of Advocates for Special Kids (TASK):**

3020 Saturn Street #102, Brea, CA 92821

Mondays–Fridays from 8 a.m.–4 p.m.

1-714-533-8275 (Brea's direct number)

1-866-828-8275 (toll free in California)

<https://taskca.org/>

### What Is a Family Resource Center?

A Family Resource Center is a community-based, family-friendly program. Family Resource Centers offer help for parents, families and children to locate and use needed services. They may link people to newsletters, resource libraries, websites, call-line lists and referrals. The centers differ from each other. Some can help in many languages. Many centers are open to everyone and some focus on a few groups.

City	Family Resource Center Contact Information
<b>Anaheim</b>	<b>Access California Services (AccessCal)</b> 300 W. Carl Karcher Way, Anaheim, CA 92801 Mondays–Fridays from 8 a.m.–5 p.m. 1-714-917-0440 <a href="http://www.accesscal.org">www.accesscal.org</a>
	<b>Anaheim Independencia Center FRC</b> 10841 Garza Ave, Anaheim, CA 92804 Mondays and Wednesdays–Thursdays from 8 a.m.–8 p.m. Tuesdays and Fridays from 8 a.m.–5 p.m. 1-714-826-9070 <a href="mailto:AnaheimIndependenciaFRC@factoc.org">AnaheimIndependenciaFRC@factoc.org</a> <a href="http://www.factoc.org/anaheimindependencia">www.factoc.org/anaheimindependencia</a>
	<b>Western Youth Center — Family Oasis Center</b> 131 W. Midway Dr., Anaheim, CA 92805 Mondays–Fridays from 7 a.m.–5 p.m. 1-714-517-7107 <a href="https://anaheimelementary.org/family-oasis-center/">https://anaheimelementary.org/family-oasis-center/</a>
	<b>Manzanita Park FRC</b> 1260 N. Riviera St., Anaheim, CA 92801 Mondays–Tuesdays and Fridays from 9 a.m.–6 p.m. Wednesdays–Thursdays from 9 a.m.–8 p.m. 1-714-491-7205 <a href="mailto:ManzanitaParkFRC@factoc.org">ManzanitaParkFRC@factoc.org</a> <a href="http://www.factoc.org/manzanitapark">www.factoc.org/manzanitapark</a>
	<b>Miraloma Park Family Resource Center</b> 2600 E. Miraloma Way, Anaheim, CA 92806 Mondays–Fridays from 9 a.m.–7 p.m. 1-714-765-6490 <a href="http://www.anaheim.net/2206/Miraloma-Park-Family-Resource-Center">www.anaheim.net/2206/Miraloma-Park-Family-Resource-Center</a>
	<b>Ponderosa Park Family Resource Center</b> 320 E. Orangewood Ave., Anaheim, CA 92802 Mondays–Fridays from 8 a.m.–8 p.m. Saturdays from 9 a.m.–1 p.m. (open for sports only) 1-714-765-5400 <a href="http://www.anaheim.net/1136/Ponderosa-Park-Family-Resource-Center">www.anaheim.net/1136/Ponderosa-Park-Family-Resource-Center</a>

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<b>Brea</b>	<b>Brea Resource Center</b> 1 Civic Center Circle, Brea, CA 92821 Mondays–Thursdays from 9 a.m.–6 p.m. Fridays from 9 a.m.–5 p.m. 1-714-990-7150 <a href="http://BreaResourceCenter.com">BreaResourceCenter.com</a> <a href="http://www.cityofbrea.net/251/Resource-Center">www.cityofbrea.net/251/Resource-Center</a>
	<b>Team of Advocates for Special Kids (TASK) — Brea</b> 3020 Saturn St. #102, Brea, CA 92821 Mondays–Fridays from 8 a.m.–4 p.m. 1-714-533-8275 (Brea’s direct number) <a href="http://www.taskca.org">www.taskca.org</a>
<b>Buena Park</b>	<b>Friendly Center Family Resource Center</b> 6688 Beach Blvd., Buena Park, CA 90621 Mondays and Wednesdays from 11:30 a.m.–8 p.m. Tuesdays, Thursdays–Fridays from 9 a.m.–5:30 p.m. 1-714-771-5300 <a href="https://friendlycenter.org/">https://friendlycenter.org/</a>
	<b>Korean Community Services (KCS) Buena Park</b> 7212 Orangethorpe Ave. Ste. 8, Buena Park, CA 90621 Mondays–Fridays from 9 a.m.–5 p.m. (Closed for lunch Noon–1 p.m.) 1-714-449-1125 <a href="https://www.kcsinc.org/">https://www.kcsinc.org/</a>
<b>Costa Mesa</b>	<b>Share Our Selves at Costa Mesa</b> 1550 Superior Ave., Costa Mesa, CA 92627 1-949-270-2100 Mondays–Fridays from 8 a.m.–4:30 p.m. <a href="https://shareourselves.org/our-clinics/costa-mesa/">https://shareourselves.org/our-clinics/costa-mesa/</a>
<b>Garden Grove</b>	<b>Boys &amp; Girls Clubs of Garden Grove</b> 10540 Chapman Ave., Garden Grove, CA 92840 Mondays and Thursdays from 8 a.m.–4:30 p.m. (phone only) Tuesdays from 9 a.m.–5:30 p.m. Wednesdays and Fridays from 8 a.m.–4:30 p.m. 1-714-532-7940 <a href="https://www.bgcgg.org/community-health-programs">https://www.bgcgg.org/community-health-programs</a>
	<b>Buena Clinton Youth &amp; Family Center</b> 12661 Sunswept Ave., Garden Grove, CA 92843 Mondays–Thursdays from 9 a.m.–5:30 p.m. 1-714-741-5768 <a href="http://www.buenaclinton.org">www.buenaclinton.org</a>

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<b>Garden Grove</b>	<b>Magnolia Park Family Resource Center</b> 11402 Magnolia St., Garden Grove, CA 92841 Mondays and Thursdays from 9 a.m.–8 p.m. Tuesdays–Wednesdays from 9 a.m.–5:30 p.m. Fridays from 9 a.m.–5 p.m. 1-714-741-5222 <a href="mailto:MagnoliaParkFRC@factoc.org">MagnoliaParkFRC@factoc.org</a> <a href="http://www.factoc.org/magnoliapark">www.factoc.org/magnoliapark</a>
<b>Huntington Beach</b>	<b>Oak View Family Resource Center</b> 17261 Oak Lane, Huntington Beach, CA 92647 Mondays–Tuesdays from 11 a.m.–8 p.m. Wednesdays–Fridays from 8:30 a.m.–5:30 p.m. 1-714-842-4002 <a href="mailto:OakViewFRC@factoc.org">OakViewFRC@factoc.org</a> <a href="http://www.factoc.org/oakview">www.factoc.org/oakview</a>
<b>Irvine</b>	<b>Families Forward</b> 8 Thomas, Irvine, CA 92618 Mondays–Thursdays from 9 a.m.–5 p.m. Fridays from 9 a.m.–1 p.m. Walk-Up Food Pantry Hours Only: Mondays–Thursdays from 10 a.m.– 2 p.m. 1-949-552-2727 <a href="mailto:info@families-forward.org">info@families-forward.org</a> <a href="http://www.families-forward.org">www.families-forward.org</a>
	<b>FOR Families</b> 1 Civic Center Plaza, 2nd Floor, Irvine, CA 92606 Mondays–Thursdays from 7:30 a.m.–4:30 p.m. 1-949-724-6650 <a href="mailto:forfamilies@cityofirvine.org">forfamilies@cityofirvine.org</a> <a href="http://www.cityofirvine.org/seek-assistance/families">www.cityofirvine.org/seek-assistance/families</a>
<b>La Habra</b>	<b>La Habra Family Resource Center</b> 501 S. Idaho St. #330, La Habra, CA 90631 Mondays, Wednesdays and Fridays from 8:30 a.m.–5:30 p.m. (closed for lunch 1:30–2:30 p.m.) Tuesdays from 11 a.m.–8 p.m. (closed for lunch 3–4 p.m.) Thursdays from 11 a.m.–8 p.m. (closed for lunch 1:30–2:30 p.m.) 1-714-447-3460 <a href="mailto:LaHabraFRC@factoc.org">LaHabraFRC@factoc.org</a> <a href="http://www.factoc.org/lahabra">www.factoc.org/lahabra</a>

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<b>Lake Forest</b>	<b>South Orange County Family Resource Center</b> 22481 Aspan St., Ste. B, Lake Forest, CA 92630 Mondays–Tuesdays and Fridays from 8:30 a.m.–5:30 p.m. Wednesdays–Thursdays from 11 a.m.–8 p.m. 1-949-364-0500 <a href="mailto:SouthOCFRC@factoc.org">SouthOCFRC@factoc.org</a> <a href="http://www.factoc.org/southorangecounty">www.factoc.org/southorangecounty</a>
<b>Los Alamitos</b>	<b>WE CARE of Los Alamitos</b> 3788 Cerritos Ave., Los Alamitos, CA 90720 Mondays–Fridays from 10 a.m.–2 p.m. (by appointment only) 1-562-598-9790 <a href="https://wecareorangecounty.org/">https://wecareorangecounty.org/</a>
<b>Newport Beach</b>	<b>Newport Mesa Family Resource Center</b> 307 Placentia Ave., Ste. 203, Newport Beach, CA 92663 Mondays–Tuesdays and Fridays from 8:30 a.m.–5 p.m. Wednesdays–Thursdays from 11:30 a.m.–8 p.m. 1-949-764-8100 <a href="mailto:NewportMesaFRC@factoc.org">NewportMesaFRC@factoc.org</a> <a href="http://www.factoc.org/newportmesa">www.factoc.org/newportmesa</a>
<b>Orange</b>	<b>El Modena Family Resource Center</b> 18672 E. Center Ave., Orange, CA 92869 Mondays and Wednesdays from 11:30 a.m.–8 p.m. Tuesdays and Thursdays–Fridays from 9 a.m.–5:30 p.m. 1-714-532-3595 <a href="mailto:ElModenaFRC@factoc.org">ElModenaFRC@factoc.org</a> <a href="http://www.factoc.org/elmodena">www.factoc.org/elmodena</a>
	<b>Friendly Center Orange Family Resource Center</b> 147 W. Rose Ave., Orange, CA 92867 Mondays and Wednesdays from 11:30 a.m.–8 p.m. Tuesdays, Thursdays–Fridays from 9 a.m.–5:30 p.m. 1-714-771-5300 <a href="mailto:FriendlyCenterOrangeFRC@factoc.org">FriendlyCenterOrangeFRC@factoc.org</a> <a href="http://www.factoc.org/friendlycenterorange">www.factoc.org/friendlycenterorange</a> <a href="https://friendlycenter.org/">https://friendlycenter.org/</a>
<b>San Juan Capistrano</b>	<b>Community Health Enrichment Collaborative (CHEC) Family Resource Center</b> 27412 Calle Arroyo, San Juan Capistrano, CA 92675 Mondays and Thursdays–Fridays from 8:30 a.m.–5:30 p.m. Tuesdays–Wednesdays from 11 a.m.–8 p.m. 1-949-489-7742 <a href="mailto:CHECFRC@factoc.org">CHECFRC@factoc.org</a> <a href="http://www.factoc.org/chec/">www.factoc.org/chec/</a>

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<b>Santa Ana</b>	<b>Corbin Family Resource Center</b> 2215 W. McFadden Ave., Suite G., Santa Ana, CA 92704 Mondays and Wednesdays from 11 a.m.–8 p.m. Tuesdays, Thursdays–Fridays from 8:30 a.m.–5:30 p.m. 1-714-480-3737 <a href="mailto:CorbinFRC@factoc.org">CorbinFRC@factoc.org</a> <a href="http://www.factoc.org/corbin">www.factoc.org/corbin</a>
	<b>Catholic Charities of Orange County</b> 12141 S Lewis St., 11th Floor, Garden Grove, CA 92840 Mondays–Fridays from 9 a.m.–5 p.m. 1-714-347-9602 <a href="http://www.ccoc.org">www.ccoc.org</a>
	<b>Downtown FRC</b> 450 W. 4th St., Ste. 130, Santa Ana, CA 92701 Monday –Tuesdays and Fridays from 9 a.m.–5:30 p.m. Wednesdays–Thursdays from 11 a.m.–8 p.m. Saturdays from 9 a.m.–12 p.m. (second and fourth Saturday only) 1-714-660-3636 <a href="mailto:DowntownFRC@factoc.org">DowntownFRC@factoc.org</a> <a href="http://www.factoc.org/downtown">www.factoc.org/downtown</a>
	<b>Regional Center of Orange County</b> 1525 North Tustin Ave., Santa Ana, CA 92705 Mondays–Fridays from 8 a.m.–5 p.m. 1-714-796-5100 <a href="http://www.rcocdd.com/frc/ccfrc/">http://www.rcocdd.com/frc/ccfrc/</a>
	<b>Delhi Center</b> 505 East Central Ave., Santa Ana, CA 92707 Mondays–Fridays from 8 a.m.–5 p.m. 1-714-481-9600 <a href="mailto:info@delhicenter.org">info@delhicenter.org</a> <a href="http://www.delhicenter.org">www.delhicenter.org</a>
	<b>Minnie Street Family Resource Center</b> 1300 E. McFadden Ave., Room 13, Santa Ana, CA 92705 Mondays and Thursdays from 11 a.m.–8 p.m. Tuesdays–Wednesdays and Fridays from 9 a.m.–5:30 p.m. 1-714-972-5775 <a href="mailto:MinnieStreetFRC@factoc.org">MinnieStreetFRC@factoc.org</a> <a href="http://www.factoc.org/minniestreet">www.factoc.org/minniestreet</a>

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<b>Stanton</b>	<b>Stanton Family Resource Center</b> 11822 Santa Paula St., Stanton, CA 90680 Mondays and Thursdays–Fridays from 8 a.m.–6 p.m. (closed for lunch Noon–1 p.m.) Tuesdays–Wednesdays from 8 a.m.–8 p.m. (closed for lunch Noon–1 p.m.) 1-714-379-0129 <a href="mailto:StantonFRC@factoc.org">StantonFRC@factoc.org</a> <a href="http://www.factoc.org/stanton">www.factoc.org/stanton</a>
<b>Tustin</b>	<b>Tustin FRC</b> 580 W. Sixth St., Tustin, CA 92780 Mondays–Tuesdays and Fridays from 8:30 a.m.– 6 p.m. Wednesdays–Thursdays from 11 a.m.–8 p.m. Saturdays from 10:30 a.m.–11:30 a.m. (second Saturday only) 1-714-243-4292 <a href="mailto:TustinFRC@factoc.org">TustinFRC@factoc.org</a> <a href="http://www.factoc.org/tustin">www.factoc.org/tustin</a>
<b>Westminster</b>	<b>Westminster Family Resource Center</b> 7200 Plaza St., Westminster, CA 92683 Mondays, Wednesdays and Fridays from 9 a.m.–6 p.m. Tuesdays and Thursdays from 11 a.m.–8 p.m. 1-714-903-1331 <a href="mailto:WestminsterFRC@factoc.org">WestminsterFRC@factoc.org</a> <a href="http://www.factoc.org/westminster">www.factoc.org/westminster</a>