



## Orange County Family Empowerment Centers and Family Resource Centers

### What Is a Family Empowerment Center?

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

Orange County's Family Empowerment Center is:

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

3020 Saturn St., #102, Brea, CA 92821

Monday–Friday, 8 a.m.–4 p.m.

1-714-533-8275 (Brea office 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 help parents, families and children find and use needed services. They may connect people to newsletters, resource libraries, websites, phone numbers and referrals. Each center is different. Some offer help in many languages. Many centers are open to everyone, while some focus on a few groups.

| City           | Family Resource Center Contact Information                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Anaheim</b> | <b>Access California Services (AccessCal)</b><br>300 W. Carl Karcher Way, Anaheim, CA 92801<br>Monday–Friday, 8 a.m.–5 p.m.<br>1-714-917-0440<br><a href="mailto:request@accesscal.org">request@accesscal.org</a><br><a href="http://www.accesscal.org">www.accesscal.org</a>                                                                                                               |
|                | <b>Anaheim Independencia Center FRC</b><br>10841 Garza Ave., Anaheim, CA 92804<br>Monday, Wednesday and Friday, 8:30 a.m.–5 p.m.<br>Tuesday and Thursday, 10:30 a.m.–7 p.m.<br>1-714-826-9070<br><a href="mailto:AnaheimIndependenciaFRC@factoc.org">AnaheimIndependenciaFRC@factoc.org</a><br><a href="http://www.factoc.org/anaheimindependencia">www.factoc.org/anaheimindependencia</a> |
|                | <b>Western Youth Center — Family Oasis Center</b><br>131 W. Midway Drive, Anaheim, CA 92805<br>Monday–Friday, 8 a.m.–5 p.m.<br>1-714-517-7107<br><a href="https://anaheimelementary.org/family-oasis-center/">https://anaheimelementary.org/family-oasis-center/</a>                                                                                                                        |
|                | <b>Manzanita Park FRC</b><br>1260 N. Riviera St., Anaheim, CA 92801<br>Monday, 9 a.m.–6 p.m.<br>Tuesday–Thursday, 9 a.m.–7 p.m.<br>Friday, 9 a.m.–5 p.m.<br>Saturday, 8 a.m.–1 p.m. (appointment only)<br>1-714-491-7205<br><a href="mailto:ManzanitaParkFRC@factoc.org">ManzanitaParkFRC@factoc.org</a><br><a href="http://www.factoc.org/manzanitapark">www.factoc.org/manzanitapark</a>  |
|                | <b>Miraloma Park Family Resource Center</b><br>2600 E. Miraloma Way, Anaheim, CA 92806<br>Monday–Friday, 8 a.m.–6 p.m.<br>Saturday, 9 a.m.–1 p.m.<br>1-714-765-6490<br><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><br>320 E. Orangewood Ave., Anaheim, CA 92802<br>Monday–Friday, 9 a.m.–8 p.m.<br>1-714-765-5400<br><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><br>1 Civic Center Circle, Brea, CA 92821<br>Monday–Thursday, 9 a.m.–6 p.m.<br>Friday, 9 a.m.–5 p.m.<br>1-714-990-7150<br><a href="http://BreaResourceCenter.com">BreaResourceCenter.com</a><br><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><br>3020 Saturn St., #102, Brea, CA 92821<br>Monday–Friday, 8 a.m.–4 p.m.<br>1-714-533-8275 (Brea office direct number)<br><a href="http://www.taskca.org">www.taskca.org</a>                                                                                                                  |
| <b>Buena Park</b>   | <b>Friendly Center, Family Resource Centers Buena Park</b><br>6688 Beach Blvd., Buena Park, CA 90621<br><i><u>For more information, please visit in person.</u></i><br>Monday and Wednesday, 10:30 a.m.–7 p.m.<br>Tuesday and Thursday, 9 a.m.–5:30 p.m.                                                                                              |
|                     | <b>Korean Community Services (KCS) Buena Park</b><br>7212 Orangethorpe Ave., Ste. 8, Buena Park, CA 90621<br>Monday–Friday, 9 a.m.–5 p.m. (Closed for lunch Noon–1 p.m.)<br>1-714-449-1125<br><a href="https://www.kcsinc.org/">https://www.kcsinc.org/</a>                                                                                           |
| <b>Costa Mesa</b>   | <b>Share Our Selves at Costa Mesa</b><br>1650 Adams Ave., Costa Mesa, CA 92626<br>1-949-270-2100<br>Monday–Friday, 8 a.m.–5 p.m. (Monday–Tuesday and Thursday–Friday closed Noon–1 p.m. and Wednesday Noon–2 p.m.)<br><a href="https://shareourselves.org/locations/">https://shareourselves.org/locations/</a>                                       |
| <b>Garden Grove</b> | <b>Boys &amp; Girls Clubs of Garden Grove</b><br>10540 Chapman Ave., Garden Grove, CA 92840<br>Monday and Thursday, 8 a.m.–4 p.m. (phone only)<br>Tuesday, 9 a.m.–5:30 p.m.<br>Wednesday and Friday, 8 a.m.–4 p.m.<br>1-714-532-7940<br><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><br>12661 Sunswept Ave., Garden Grove, CA 92843<br>Monday–Thursday, 9 a.m.–6 p.m.<br>1-714-741-5768<br><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><br>11402 Magnolia St., Garden Grove, CA 92841<br>Monday and Thursday, 9 a.m.–7 p.m.<br>Tuesday–Wednesday, 9 a.m.–5:30 p.m.<br>Friday, 9 a.m.–5 p.m.<br>1-714-741-5222<br><a href="mailto:MagnoliaParkFRC@factoc.org">MagnoliaParkFRC@factoc.org</a><br><a href="http://www.factoc.org/magnoliapark">www.factoc.org/magnoliapark</a>                       |
| <b>Huntington Beach</b> | <b>Oak View Family Resource Center</b><br>17261 Oak Lane, Huntington Beach, CA 92647<br>Monday–Tuesday, 11 a.m.–7:30 p.m.<br>Wednesday–Friday, 9 a.m.–5:30 p.m.<br>1-714-842-4002<br><a href="mailto:OakViewFRC@factoc.org">OakViewFRC@factoc.org</a><br><a href="http://www.factoc.org/oakview">www.factoc.org/oakview</a>                                                                           |
| <b>Irvine</b>           | <b>Families Forward</b><br>8 Thomas, Irvine, CA 92618<br>Monday–Friday, 9 a.m.–5 p.m.<br>Walk-Up Food Pantry Hours Only: Monday, 9 a.m.–2 p.m. and Tuesday–Thursday, 10 a.m.–3 p.m. (Food Pantry offers diapers once a month)<br>1-949-552-2727<br><a href="mailto:info@families-forward.org">info@families-forward.org</a><br><a href="http://www.families-forward.org">www.families-forward.org</a> |
|                         | <b>City of Irvine Office of Health &amp; Wellness</b><br>1 Civic Center Plaza, Irvine, CA 92606<br>Monday–Friday, 8 a.m. to 5 p.m.<br>1-949-724-6650<br><a href="mailto:HealthandWellness@cityofirvine.org">HealthandWellness@cityofirvine.org</a><br><a href="http://www.cityofirvine.org/office-health-wellness">www.cityofirvine.org/office-health-wellness</a>                                    |
| <b>Lake Forest</b>      | <b>South Orange County Family Resource Center</b><br>22481 Aspan St., Ste. B, Lake Forest, CA 92630<br>Monday–Tuesday and Friday, 8:30 a.m.–5 p.m.<br>Wednesday–Thursday, 10:30 a.m.–7 p.m.<br>1-949-364-0500<br><a href="mailto:SouthOCFRC@factoc.org">SouthOCFRC@factoc.org</a><br><a href="http://www.factoc.org/southorangecounty">www.factoc.org/southorangecounty</a>                           |

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| <b>Los Alamitos</b>        | <b>WE CARE of Los Alamitos</b><br>3788 Cerritos Ave., Los Alamitos, CA 90720<br>Monday–Friday, 10 a.m.–2 p.m. (by appointment only)<br>1-562-598-9790<br><a href="https://wecareorangecounty.org/">https://wecareorangecounty.org/</a>                                                                                                                                                       |
| <b>Newport Beach</b>       | <b>Newport Mesa Family Resource Center</b><br>307 Placentia Ave., Ste. 203, Newport Beach, CA 92663<br>Monday and Thursday, 10:30 a.m.–7 p.m.<br>Tuesday–Wednesday, 9 a.m.–5:30 p.m.<br>Friday, 8:30 a.m.–5 p.m.<br>1-949-764-8100<br><a href="mailto:NewportMesaFRC@factoc.org">NewportMesaFRC@factoc.org</a><br><a href="http://www.factoc.org/newportmesa">www.factoc.org/newportmesa</a> |
| <b>Orange</b>              | <b>El Modena Family Resource Center</b><br>18672 E. Center Ave., Orange, CA 92869<br>Monday and Wednesday, 10:30 a.m.–7 p.m.<br>Tuesday and Thursday–Friday, 8:30 a.m.–5 p.m.<br>1-714-532-3595<br><a href="mailto:ElModenaFRC@factoc.org">ElModenaFRC@factoc.org</a><br><a href="http://www.factoc.org/elmodena">www.factoc.org/elmodena</a>                                                |
| <b>San Juan Capistrano</b> | <b>Community Health Enrichment Collaborative (CHEC)<br/>Family Resource Center</b><br>27412 Calle Arroyo, San Juan Capistrano, CA 92675<br>Monday and Thursday–Friday, 8:30 a.m.–5 p.m.<br>Tuesday–Wednesday, 10:30 a.m.–7 p.m.<br>1-949-489-7742<br><a href="mailto:CHECFRC@factoc.org">CHECFRC@factoc.org</a><br><a href="http://www.factoc.org/chec/">www.factoc.org/chec/</a>            |

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| <b>Santa Ana</b> | <p><b>Corbin Family Resource Center</b><br/> 2215 W. McFadden Ave., Ste. G, Santa Ana, CA 92704<br/> Monday–Tuesday, 10:30 a.m.–7 p.m.<br/> Wednesday–Friday, 8:30 a.m.–5 p.m.<br/> 1-714-480-3737<br/> <a href="mailto:CorbinFRC@factoc.org">CorbinFRC@factoc.org</a><br/> <a href="http://www.factoc.org/corbin">www.factoc.org/corbin</a></p>                                                  |
|                  | <p><b>Catholic Charities of Orange County</b><br/> 12141 S. Lewis St., 11th Floor, Garden Grove, CA 92840<br/> Monday–Friday, 8:30 a.m.–5 p.m.<br/> 1-714-347-9602<br/> <a href="http://www.ccoc.org">www.ccoc.org</a></p>                                                                                                                                                                        |
|                  | <p><b>Downtown FRC</b><br/> 450 W. 4th St., Ste. 130, Santa Ana, CA 92701<br/> Monday–Tuesday and Friday, 9 a.m.–5:30 p.m.<br/> Wednesday–Thursday, 11 a.m.–8 p.m.<br/> Saturday, 9 a.m.–12 p.m. (second Saturday only)<br/> 1-714-660-3636<br/> <a href="mailto:DowntownFRC@factoc.org">DowntownFRC@factoc.org</a><br/> <a href="http://www.factoc.org/downtown">www.factoc.org/downtown</a></p> |
|                  | <p><b>Regional Center of Orange County</b><br/> 1525 North Tustin Ave., Santa Ana, CA 92705<br/> Monday–Friday, 9 a.m.–5 p.m.<br/> 1-714-558-5400<br/> <a href="https://www.rcocdd.com/family-support/ccfrc/">https://www.rcocdd.com/family-support/ccfrc/</a></p>                                                                                                                                |
|                  | <p><b>Delhi Center</b><br/> 505 East Central Ave., Santa Ana, CA 92707<br/> Monday–Friday, 8 a.m.–5 p.m. (walk-ins are encouraged to come before 2 p.m.)<br/> 1-714-481-9600<br/> <a href="mailto:info@delhicenter.org">info@delhicenter.org</a><br/> <a href="http://www.delhicenter.org">www.delhicenter.org</a></p>                                                                            |
|                  | <p><b>Minnie Street Family Resource Center</b><br/> 1300 E. McFadden Ave., Room 13, Santa Ana, CA 92705<br/> Monday and Thursday, 11 a.m.–7:30 p.m.<br/> Tuesday–Wednesday and Friday, 9 a.m.–5:30 p.m.<br/> 1-714-972-5775<br/> <a href="mailto:MinnieStreetFRC@factoc.org">MinnieStreetFRC@factoc.org</a><br/> <a href="http://www.factoc.org/minniestreet">www.factoc.org/minniestreet</a></p> |

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| <b>Stanton</b>     | <b>Stanton Family Resource Center</b><br>11822 Santa Paula St., Stanton, CA 90680<br>Monday and Thursday–Friday, 8 a.m.–6 p.m. (closed for lunch Noon–1 p.m.)<br>Tuesday–Wednesday, 8 a.m.–8 p.m. (closed for lunch Noon–1 p.m.)<br>1-714-379-0129<br><a href="mailto:StantonFRC@factoc.org">StantonFRC@factoc.org</a><br><a href="http://www.factoc.org/stanton">www.factoc.org/stanton</a> |
| <b>Tustin</b>      | <b>Tustin FRC</b><br>1080 E. Main St., Ste. 102, Tustin, CA 92780<br>Monday, 9 a.m. to 6 p.m.<br>Tuesday–Thursday, 9 a.m.–7 p.m.<br>Friday, 9 a.m.–5 p.m.<br>Saturday, 8 a.m.–1 p.m. (first Saturday of the month only)<br>1-714-884-3163<br><a href="mailto:TustinFRC@factoc.org">TustinFRC@factoc.org</a><br><a href="http://www.factoc.org/tustin">www.factoc.org/tustin</a>              |
| <b>Westminster</b> | <b>Westminster Family Resource Center</b><br>7200 Plaza St., Westminster, CA 92683<br>Monday, Wednesday and Friday, 9 a.m.–6 p.m. (last walk-in at 5:30 p.m.)<br>Tuesday and Thursday, 11 a.m.–8 p.m.<br>1-714-903-1331<br><a href="mailto:WestminsterFRC@factoc.org">WestminsterFRC@factoc.org</a><br><a href="http://www.factoc.org/westminster">www.factoc.org/westminster</a>            |