

Time for Work!

Employment and Training Opportunities for People with Disabilities in San Diego



Training provided by The Arc of San Diego through a grant from the California Department of Rehabilitation.

Thank you to the San Diego Regional Center and to the State Council on Developmental Disabilities Area Board 13 for their assistance in securing this grant.

Thank you to People First of San Diego for their support.

Special thanks to the following for providing training space:

- San Diego Regional Center
- San Diego County Library—El Cajon Branch
- San Diego County Library—San Marcos Branch
- The Arc of San Diego—Sulpizio Family Center

Training Dates:

South Bay

October 6, 2010: 1 — 3 p.m.
San Diego Regional Center
2727 Hoover Avenue, #100
National City 91950

Central San Diego

October 16, 2010: 1— 3 p.m.
Sulpizio Family Center
3030 Market Street
San Diego 92102

East County

October 27, 2010: 1— 3 p.m.
San Diego County Library—El Cajon Branch
201 East Douglas St.
El Cajon, CA 92020

North County

November 3, 2010: 1— 3 p.m.
San Diego County Library—San Marcos Branch
2 Civic Center Drive
San Marcos, CA 92069

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This booklet written and developed by Rob Carley,
Jeff Losier, Justin Umpierre and Joseph Tontodonato

Foreword

Who This Booklet Is For: This booklet is meant to provide information about employment services to people who receive services through The San Diego Regional Center who are looking for jobs and for paid staff, family members or others who assist them. Most of the resources in this booklet are intended for people with developmental and intellectual disabilities. However, we recognize that some people either do not receive services from SDRC or prefer to seek employment on their own, so many of the websites included in the back are useful for anyone who is job seeking *(Page 50)*.

A Note about Self-Advocacy: It is our hope that the information provided here will be a useful tool in advocating for the vocational services that best meets your needs. We urge you to make sure that your voice is heard when making decisions about which type of service and which provider is right for you. Don't be shy about asking questions and seeking tours of different programs to find the one that is the best fit for you. Remember, just as every person you know has different strengths, every program has different strengths. In the end the best program is the one that will help you the most.

"Nothing ever comes to one, that is worth having, except as a result of hard work."

-Booker T. Washington

Some Thoughts on getting the most from your services:

Be as involved as you can: Any service provider will be better able to help if they understand your needs, likes and dislikes. It is important to ensure that the organization that you work with knows not only what type of job you are looking for, but also any limitations you face due to your living arrangements, health, resources, and supports

For example: It does not make sense for them to consider a job for you that has you standing all day if they know that you can't be on your feet all day.

Another example: If you do not drive, it does not make sense to try to set up a job that cannot be reached by public transportation.

Be as open and flexible as you can: It may be easier to find employment the more willing you are to work evening or week-end hours as well as your openness to work a variety of jobs.

For example: A person who is willing to work in any grocery store and will work on the weekend is going to have an easier time getting work than a person who is only willing to work from 9 a.m. to 5 p.m. at the store down the street.

Having said this, if you do have real limits on when you can work, the organization that is assisting you

(continued)

will need to help you to find ways to either work around or eliminate those limitations.

Be realistic: Any agency that you work with should be doing all that they can to help you to obtain the job that you want that is within your abilities.

However, keep in mind that almost nobody starts off working in their dream job. For most people just starting out, it is true that "any job is a good job." For somebody who is new to the world of work, or who does not have a good employment history, showing that you can do well in any job is a great start.

If you do not have much or related experience, it is often hard to get a job that is not "entry level." For most people it is true that you have to "start at the bottom," and work your way up to better jobs with more responsibilities.

If you are still not quite yet ready for your dream job, you can work with the organization that has been helping you or move to another one to seek a job that teaches you new skills to move towards the type of job that you want.

"Careers, like rockets, don't always take off on schedule. The key is to keep working the engines."

-Gary Sinise

Steps to get started:

Despite the existence of the organizations that we talk about in this booklet, other job placement agencies, job related websites, and classified ads, most people still get their first job through family, friends, or through involvement with some type of community organization. Use these resources if you can, talk to your family and friends about what type of work you want and to get their help and support.

If you are served by The San Diego Regional Center (SDRC): (Page 45)

Start by contacting your Service Coordinator and letting that person know that you want a job (or a different job if you are already working). You should be prepared to talk about what you want and what kind of help you need.

If you are disabled but not served by The San Diego Regional Center:

Start by contacting the California Department of Rehabilitation (DOR): (Page 46) You should be prepared to prove or to cooperate with DOR in proving that you have a disability and to help them to determine what type of supports that you need to be successful in obtaining a job.

"The next best thing to winning is losing! At least you've been in the race." -Nellie Hershey Tullis

How this booklet is organized:

The services listed in the "Types Of Employment Training" section are listed in order for people who are the most independent to services that are for those who are most in need of support. There is a list of service providers at the end of the description of each type of program. The list of service providers in the following section is alphabetical and also has a list of their services.



*"The heights of great men reached and kept,
Were not obtained by sudden flight,
But they, while their companions slept
Were toiling upward in the night."*

-Henry Wadsworth Longfellow

Chapter 1

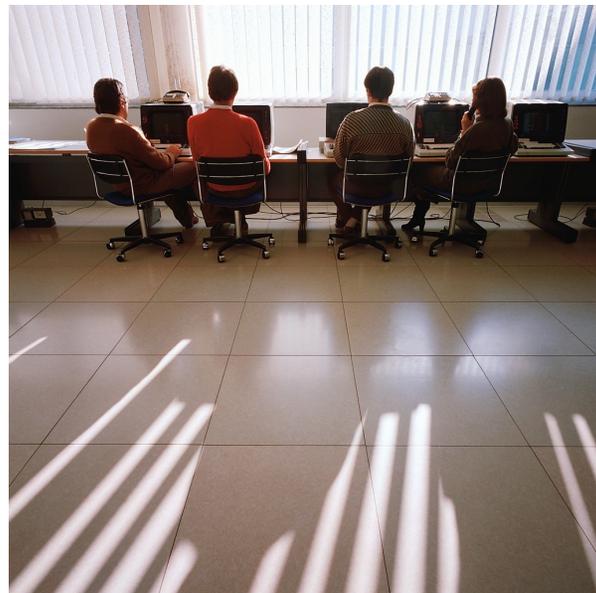
Information from small groups

"If you're trying to achieve, there will be roadblocks. I've had them, everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

-Michael Jordan

"Profit is a by-product of work; happiness is its chief product."

- Henry Ford



Social Security

Social Security Resources:

SSA Information Line: (800) 772-1213

TTD: (800) 325-0778

SSA Website: www.ssa.gov

www.socialsecurity.gov/disability

www.socialsecurity.gov/work

Local Office: Monday - Friday 9:00 a.m.— 4:00 p.m.

Central San Diego:

1333 Front Street
San Diego, CA 92101

8505 Aero Dive
San Diego, CA 92123

South County:

Chula Vista:
626 L Street
Chula Vista, CA 91911

National City:
2530 E Plaza Boulevard
National City, CA 91950

East County:

El Cajon:
846 Arnele Avenue
El Cajon, CA 92020

La Mesa:
7961 University Avenue
La Mesa, CA 91942

North County:

Oceanside:
2160 S El Camino Real
Oceanside, CA 92054

San Marcos:
367 Via Vera Cruz
San Marcos, CA 92078

"To find joy in work is to discover the fountain of youth."
- Pearl S. Buck

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Plan for Achieving Self Support: (PASS) This program allows consumers to set aside other income besides SSI and/or resources for a specified period of time so that a consumer can pursue a work goal.

www.socialsecurity.gov

(888) 674-6250

(619) 557-6605

SSI Red Book: Guide to Employment Supports for Individuals with Disabilities under the SSDI and SSI programs www.ssa.gov/redbook

Disability Benefits Calculator: An online calculator that assists consumers in seeing how much their Social Security income will be affected if they start working.
<http://www.disabilitybenefits101.org/>

"To fulfill a dream, to be allowed to sweat over lonely labor, to be given a chance to create, is the meat and potatoes of life. The money is the gravy."

- Bette Davis

(continued)

Sources for assistance with Social Security problems:

Attorneys:

Anthony J Delellis and Associates
1545 Hotel Circle South
Suite 130
San Diego, CA 92108
(619) 278-0900

Harold McNeil, Esq.
3659 Adams Avenue
San Diego, CA 92116
(619) 280-6565



Transportation

San Diego Metropolitan Transit System (MTS):

Customer Service contact numbers

MTS Buses (619) 238-0100

San Diego Trolley (619) 595-4949

For information and to purchase tickets and passes for
MTS Access, MTS bus and trolley:

MTS Transit Store

102 Broadway (at First Avenue)

San Diego, CA 92102

(619) 234-1060

North County Transit District:

Attn: Customer Service

810 Mission Avenue

Oceanside, CA 92054

(760) 966-6500

Fax (760) 967-2001

NCTD Customer Service

Oceanside Transit Store

205 South Tremont Street

Oceanside, CA 92054

Other Walk in locations:

Escondido Transit Center

700 W. Valley Parkway

Escondido, CA 92025

Vista Transit Center*

101 Olive Avenue

Vista, CA 92083

*Only open during peak pass sales periods Monday—Friday
7:00 a.m. to 7:00 p.m. Monthly passes available for purchase
from 25th to the 15th of the month.

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ADA Paratransit: is another option for people who are unable to use regular public transportation. This is curb-to-curb transportation that by law must be available to go to the same general places during the same days and general operating hours as the fixed route transit system. People who qualify to use it include those who:

1. Have a cognitive or physical disability that some or all of the time that prevents them from getting on, riding or getting off the bus without the help of another person.
2. Are unable to ride lift-equipped bus service
3. Are unable to get to and from the bus stop

Both MTS and NCTD provide paratransit services.

People who need this service will need to submit an application, which must be signed by a doctor.

Applications for ADA are available through The San Diego Regional Center or you can contact the people who administer the program directly

ADARide
6151 W. Century Blvd., Ste. 304
Los Angeles, CA 90045
(877) 232-7433
TTY (310) 410-0985
adaride.com

Self-Motivation for Job Search

It is important to stay motivated while searching for a job, as well as when searching for the service/program that will help you to obtain additional skills in order to move on to a better job. Motivation is the driving force which allows you to achieve your goals and go after what you want in life. In fact, motivation is an important part of any positive change in a person's life.

Whether you have noticed it or not, you have experienced other people's attempts to motivate you throughout your life. Family members, teachers, friends and others have helped you to make changes either through positive rewards – such as giving you something that you want, by praising you or by negative consequences such as being grounded by your parents when you've done something that they don't approve. Most people have found that these actions only motivate you for a short time, but not for the long haul. In order to make permanent, positive changes in your life, motivation must come from within you.

When most people are trying to get a job or to change jobs or programs, staying motivated is especially important as well as hard. This is because most people find the process of looking for a new job or program very stressful. Doing job interviews, filling out applications, doing tours, are things that most people rarely do and can be scary and confusing.

(continued)

So how do you get and stay motivated when it is time to seek that new job or to change programs? Here are a few things that might be helpful:

- Start by taking time to think about what you really want to do for work. It is easier to stay motivated when you have a firm idea about what you are really trying to do in your mind. Try to get as specific as you are able to, it is easier to figure out what you need to do when you are looking for a specific type of job, such as a cashier, rather than looking for any job. If you are not sure about what you would like to do, start by making a list of things that you like and don't like about the things you have done – even from school if you have never worked. Even if you do not identify a specific type of job, you should be able to cross some off your list because they involve a lot of things that you dislike doing.
- Set your own goal based on what you have decided that you want to do. Many of the people who are participating in this training have experience with discussing goals with service coordinators, social workers or others. Take advantage of that experience in setting your own personal work goal. When you have your goal in mind, figure out smaller goals to work on to get ready to for the big one. An example might be, "I will schedule a tour of three different programs." Finally, set a time

(continued)

limit on when the smaller goals need to be done because many people get things done better when they have a deadline and it becomes too easy to put things off if they don't.

- Keep a small reminder about your goal around. The reminder can be whatever works for you - a note to yourself, a picture, just something to remind you about what you are trying to do. Also remind yourself about why you want to work, why it is important to you to work.
- Try to do something to work on your goal each week day, even if it is something as small as making one phone call.
- Do your best to limit distractions when working on your goal to maintain your focus.
- Finally, make an effort to block out any negative influences in your life. If you feel that you are being distracted from your goal by a problem which does not seem to go away, ask yourself what you can do to eliminate such a challenge and distraction in your life.

"Value work. But not any kind of work. Ask yourself, "Is the work vital, strengthening my own character, or inspiring others, or helping the world?"

- Anna Robertson Brown

Accessing Child Care

With child care being a major obstacle for many of those entering the workforce, our training will focus on providing resources in this area.

Types of Child Care help that may be available:

State Child Care Subsidies: Child care subsidies are available in every state to help families with the cost of child care. In California, each county maintains a centralized eligibility list for all families that qualify and have requested child care assistance. In San Diego county, the YMCA maintains this list. The website for San Diego county is www.childcaresandiego.com and any local child care agency can help the family to apply.

Local Programs: Local Government, United Way agencies or other community organizations sometimes provide child care scholarships.

Employer Support: Some employers offer discounts, a sliding fee scale, or scholarships.

Child Care Program Assistance: Some child care providers may offer scholarships, discounts or a sliding fee scale.

Pre-Kindergarten (Pre-K) Programs: These free or low cost programs for three and four year old children exist in many states, including California. Their goal is to prepare children for kindergarten. In California, and San Diego County, these programs exist in neighborhoods surrounding low performing schools.

(continued)

Head Start & Early Head Start: These programs are meant to meet the health and school readiness needs of children from infant to age five. There are a large number of head start programs in San Diego. A good web site to look for information is regarding these is www.sandiegoheadstart.org.

Federal Earned Income Tax Credit (EITC): Parents with a dependent child under age 17 can lower taxes or get money back using this credit.

Federal Child and Dependent Care Tax Credit: If you have a child under age 13, pay for child care, and owe federal income taxes, you may be eligible for this tax credit.

State Earned Income and Dependent Care Tax Credits
Many states, including California, offer both of these tax credits to their citizens.

Dependent Care Assistance Programs (DCAPs): Some employers allow you to have up to \$5,000 a year deducted from your paycheck on a pre-tax basis. The money is put in a special account to be used for child care tuition reimbursement.

"Use what talents you possess; The woods would be very silent if no birds sang there except those that sang best."
-Henry Van Dyke

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Childcare Resource Service: provides free referrals to over 6,000 state licensed child care centers and family day care homes. Services provided for all areas of San Diego County for children from birth to four years, including those with special needs. Specify the hours you need care and the location you prefer: near home or work. The referral lines are open weekdays, but you can leave a message 24 hours a day and your call will be returned during the next business day. Sponsored by the YMCA, this service also administers the Alternate Payment Program (AP) with the California Department of Education to offer child care subsidies to parents who are low income and have a need for child care; and provides respite care for children with disabilities for eligible families.

San Diego, CA

(800) 481-2151

<http://www.ymcacrs.org>

Hours: Monday -Thursday 8 a.m.— 4 p.m.;
Friday 8 a.m.—12 p.m.

Cost: Free

Ages: All Ages

"You cannot be really first-rate at your work if your work is all that you are." -Anna Quindlen

(continued)

Childcare Community Referral Service: provides free referrals to state licensed family child care homes serving infants to older children in all parts of San Diego. Specify the hours of care you need (day, night, weekend, full/part-time) and if you'd like, the care to be close to home or close to work. Based on the initial information provided, the center gives you a second number to call - that of a person who knows the child care homes in your geographic location.

[http://www.childcarecommunityreferralservice.com/San Diego, CA United States](http://www.childcarecommunityreferralservice.com/San_Diego,_CA_United_States)

(619) 574-1454

Hours: Monday— Friday 8 a.m.—5 p.m.

Cost: Free

Ages: All Ages



You must work, we must all work, to make the world worthy of its children."

-Pablo Casals

Notes:

Chapter 2

Types of Employment Training

“What we really want to do is what we are really meant to do. When we do what we are meant to do, money comes to us, doors open for us, we feel useful, and the work we do feels like play to us.”

-Julia Cameron

“Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.”

-James Allen



Supported Employment

Individual Placement

- Job Development focuses on the types of jobs the consumer wants to do
- Individual Placement is for consumers who:
 - Have already developed good work skills
 - Have a successful work history
- Primarily entry level jobs in many different types of businesses including grocery stores, restaurants, offices, coffee shops, and other small to large businesses
- Consumers are hired directly by an employer
- Wages are the same as other employees in similar positions
- Consumers are supervised by the employer
- Frequent Job Coaching support for the first 90 days
- On-going Job Coaching support for as long as the person remains employed
- Case management services are available as needed
- Usually requires independence in transportation
- May require working on Saturday, Sunday or Holidays
- May require working morning, evening or night hours

"If your work is becoming uninteresting, so are you. Work is an inanimate thing and can be made lively and interesting only by injecting yourself into it. Your job is only as big as you are." -George C. Hubbs

Supported Employment
Individual Placement Programs

The Arc of San Diego *(Page 32)*

Community Catalysts of California *(Page 34)*

Community Interface *(Page 35)*

Easter Seals *(Page 36)*

Employment & Community Options *(Page 36)*

Goodwill Industries *(Page 37)*

Partnerships With Industry (PWI) *(Page 39)*

St. Madeleine Sophie's *(Page 40)*

Toward Maximum Independence (TMI) *(Page 41)*

Unyeway *(Page 42)*



Supported Employment

Group Placement

- Consumer skills and job desires are matched with existing or new group placement jobs
- Group Placement is for consumers who:
 - Have some work history
 - Are developing work skills, stamina on the job, and other work related skills
- Jobs are usually in janitorial work, landscaping, food service, vehicle washing, and assembly and packaging
- Employers contract with agencies to provide needed services
- Consumers are paid by the agency
- Consumers are paid commensurate wages determined by time studies of productivity
- Job Coaching support is provided 100% of the time the person is working
- Case management services are available as needed
- Usually requires independence in transportation to and from work
- Work hours are usually Monday-Friday, between the hours of 8:00 AM - 5:00 PM

"If what you're working for really matters, you'll give it all you've got."

-Nido Qubein

Supported Employment
Group Placement Programs

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Vocational Rehabilitation Work Activity Program (VR-WAP)

- Same working environment and support as the Work Activity Programs
- Additional support is provided by:
 - Assisting the consumer to become eligible for services through the Department of Rehabilitation
 - Providing the support of a Vocational Rehabilitation Counselor
 - Identifying and addressing the consumer's barriers to supported employment

VRWAP Programs:

The Arc of San Diego (*Page 32*)

Partnerships With Industry (PWI) (*Page 39*)

United Cerebral Palsy (UCP) (*Page 42*)

Unyeway (*Page 42*)

"In order that people be happy in their work, these three things are needed: They must be fit for it: They must not do too much of it: And they must have a sense of success in it." -John Ruskin

Work Activity Programs Center Based Programs (Workshops)

- Consumers work in a center based environment with other consumers numbering 30 - 50 or more
- Work Activity Programs are for consumers who:
 - Do not have a history of working
 - Have barriers to working at community based jobs
 - Are developing work and work related skills, attention to task and social skills
- Work is primarily hand assembly, packaging, collating and counting items
- Consumers are paid a piece rate for number of items completed, or an hourly rate based on productivity
- Staff supervision and support including case management is available for all hours consumers attend program
- Does not require independence in transportation
- Work hours are usually Monday—Friday between the hours of 8:00 a.m. and 3:00 p.m.

WAP Programs:

The Arc of San Diego (*Page 32*)

Partnerships With Industry (PWI) (*Page 39*)

United Cerebral Palsy (UCP) (*Page 42*)

Unyeway (*Page 42*)

"Pleasure in the job puts perfection in the work."

-Aristotle

Community Based Program (CBP)

- Assists consumers in achieving their maximum ability to use community resources including
 - Vocational skills training through either paid or volunteer opportunities
 - Socialization training.
 - Community integration/Recreational skills.
 - Self-advocacy/self-care skills
- Most or all services are provided at various locations in the community



"There is work that is work and there is play that is play; there is play that is work and work that is play. And in only one of these lies happiness."

-Galett Burgess

Community Based Program (CBP) Programs

A Better Life Together *(Page 31)*

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"To finish first, you must first finish." -Rick Mears

Notes:

Chapter 3

Employment Training Agencies Serving People with Developmental and Intellectual Disabilities

*"Luck is a dividend of sweat. The more you sweat,
the luckier you get."* -Ray Kroc

*"No man needs sympathy because he has to work.
Far and away the best prize that life offers is the
chance to work hard at work worth doing."*
-Theodore Roosevelt



A Better Life Together

Location:

3737 Camino Del Rio South, Suite 306
San Diego, CA 92108
(619) 281-2258

Services Provided:

- Community Based Program (CBP)



"By the work one knows the workmen."

-Jean De La Fontaine

The Arc of San Diego

Locations:

Sulpizio Family Center
3030 Market Street
San Diego, CA 92102
(619) 685-1175

North Shores Voc. Center
9575 Aero Drive
San Diego, CA 92123
(858) 571-0881

East County Training Center
1374 E. Lexington Avenue
El Cajon, CA 92019
(619) 444-9417

Starlight Center
1280 Nolan Avenue
Chula Vista, CA 91911
(619) 427-7524

John Towers
1855 John Towers Street
El Cajon, CA 92020
(619) 448-6800

Rex Industries
1336 Rancheros Drive
San Marcos, CA 92069
(760) 740-6800

www.arc-sd.com

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Vocational Rehabilitation / Work Activity Program
- Work Activity Program
- Community Based Program (CBP)

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."

-Stephen King

Association for Community Independence, Inc. (ACI, Inc.)

Location:

344 F Street
Chula Vista, CA 91910
(619) 409-4100

Services Provided:

- Community Based Program (CBP)

Care Rite Vocational

Location:

116 W. College Street, Suite D
Fallbrook, CA 92028
(760) 451-9655

Services Provided:

- Community Based Program (CBP)

*"The only place where success comes before work is
in the dictionary"* -Donald Kendall

Community Catalysts of California

Locations:

3760 Convoy Street, Suite 344
San Diego, CA 92111
(858) 292-2020

San Diego Office
3914 Murphy Canyon Road
Suite A247
San Diego, CA 92123
(858) 268-4800

San Marcos Office
935 W. San Marcos Blvd.
Suite 103
San Marcos, CA
(760) 471-3700
(800) 974-9909

www.communitycatalystscalifornia.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Community Based Program (CBP)

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford

Community Interface Services

Location:

2621 Roosevelt Street
Carlsbad, CA 92008
(760) 729-3866

www.communityinterfaceservices.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Community Based Program (CBP)

CPSRC Inc.

Location:

1300 N. Johnson Avenue #106
El Cajon, CA 92020
(619) 442-6182

Services Provided:

- Community Based Program (CBP)

Creel Industries Inc.

Location:

4715 30th Street, #6
San Diego, CA 92116
(619) 887-3571

Services Provided:

- Community Based Program (CBP)

Easter Seals

Location:

401 South Ivy Street*
Escondido, CA 92025
(760) 737-3990

www.southerncal.easterseals.com

*Has a community based program called WorkFirst that assists people with Micro-enterprise.

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Community Based Program (CBP)

Employment & Community Options

Location:

8355 Aero Drive, Suite 102
San Diego, CA 92123
(858) 565-9870

www.communityoptions.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Community Based Program (CBP)

*"Satisfaction lies in the effort, not in the attainment.
full effort is full victory."* -Mahatma Gandhi

Goodwill Industries

Location:

3663 Rosecrans Street
San Diego, CA 92110
(619) 225-2200

www.sdgoodwill.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement

Innovative Center

Location:

7464 University Avenue
La Mesa, CA 91941
(619) 265-9511

Services Provided:

Community Based Program (CBP)

LIFE

Location:

P.O. Box 1857
Lakeside, CA 92040
(619) 742-2853

Services Provided:

- Community Based Program (CBP)

Life Works, Inc.

Location:

6822 El Cajon Blvd., #B
San Diego, CA 92115
(760) 473-8925

Services Provided:

- Community Based Program (CBP)

LOL - Life of Liberty

Location:

1715 S. Freeman Street
Oceanside, CA 92054
(760) 433-5411

Services Provided:

- Community Based Program (CBP)

Mountain Shadows

Location:

820 W. Los Vallecitos Blvd., #A-C
San Marcos, CA 92069
(760) 736-8983

Services Provided:

- Community Based Program (CBP)

*I was made to work. If you are equally industrious,
you will be equally successful."*

-Johann Sebastian Bach

Networkx

Location:

6822 El Cajon Blvd., #B
San Diego, CA 92115
(619) 572-9167

Services Provided:

- Community Based Program (CBP)

Partnerships With Industry (PWI)

Locations:

7540 Metropolitan Drive
Suite 105
San Diego, CA 92108
(619) 681-1999

4059 Oceanside Blvd.
Suite B
Oceanside, CA 92056
(760) 941-7534

1121 Bay Blvd.
Suite H
Chula Vista, CA 91911
(619) 424-2250

9560 Pathway Street
Suite 1
Santee, CA 92071
(619) 258-2910

www.pwiworks.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Vocational Rehabilitation / Work Activity Program
- Work Activity Program

"One must work and dare if one really wants to live"

-Vincent van Gogh

St. Madeleine Sophie's

Location:

2119 East Madison Avenue
El Cajon, CA 92019
(619) 442-5129

www.stmsc.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement

Stein Education Center

Locations:

647 E Street
Chula Vista, CA 91910
(619) 498-8384

4990 Williams Avenue, #B
La Mesa, CA 91942
(619) 463-3300

6151 Fairmount Avenue, #105
San Diego, CA 92120
(619) 563-6802

4444 Zion Avenue, #A
San Diego, CA 92120
(619) 284-2187

Services Provided:

- Community Based Program (CBP)

We work to become, not to acquire. -Elbert Hubbard

TLC Vocational Services

Location:

2808 Cacatua Street
Carlsbad, CA 92009
(760) 497-5271

Services Provided:

- Community Based Program (CBP)

Toward Maximum Independence (TMI)

Locations:

4740 Murphy Canyon Road 1900 Sunset Drive #E
San Diego, CA 92123 Escondido, CA 92025
(858) 467-4833 (760) 839-5255

www.tmi-inc.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Community Based Program (CBP)

Your profession is not what brings home your pay-check. Your profession is what you were put on earth to do. With such passion and such intensity that it becomes spiritual in calling.” -Vincent van Gogh

United Cerebral Palsy (UCP)

Location:

UCP of San Diego County
8525 Gibbs Drive, #100
San Diego, CA 92123
(858) 571-7803

www.ucp@ucpsd.org

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Vocational Rehabilitation / Work Activity Program
- Work Activity Program
- Community Based Program (CBP)

Unyeway Inc.

Locations:

9320 Willowgrove Avenue Suite D Santee, CA 92071 (619) 562-8393	1261 3rd Avenue Chula Vista, CA 91911 (619) 691-6346
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2330 Main Street
Ramona, CA 92065
(760) 789-5960

Services Provided:

- Supported Employment Individual Placement
- Supported Employment Group Placement
- Vocational Rehabilitation / Work Activity Program
- Work Activity Program

Notes:

Chapter 4

Other Resources:

"Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy."

-Kahlil Gibran

"I never did anything by accident, nor did any of my inventions come by accident; they came by work"

-Thomas A. Edison



San Diego Regional Center (SDRC)

Locations:

Main Office
4355 Ruffin Road
San Diego, CA 92123
(858) 576-2996

East County Office
8760 Cuyamaca Street
Santee, CA 92071
(619) 596-1000

North County Office
1370 W. San Marcos Blvd.,
#100
San Marcos, CA 92078
(760) 736-1200

South County Office
2727 Hoover Avenue,
#100
National City, CA 91960
(619) 336-6600

Imperial County Office
512 Aten Road
Imperial, CA 92251
(760) 355-8383

"Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence and honest purpose, as well as perspiration. Seeming to do is not doing."

-Thomas A. Edison

State of California Department of Rehabilitation (DOR)

Locations:

District Office
7575 Metropolitan Drive,
Suite 107
San Diego, CA 92108
(619) 767-2100
TDD 767-2159

South County Office
855 3rd Avenue,
Suite 3350
Chula Vista, CA 91911
(619) 426-8720
TDD 426-8781

North County Coastal
499 N. El Camino Real,
Suite B100
Encinitas, CA 92024
(760) 479-1200
TDD 479-1210

North County Inland
1440 S. Escondido Blvd.,
Suite C
Escondido, CA 92025
(760) 796-4670
TDD 796-4606

East County Office
8200 La Mesa Blvd.
La Mesa, CA 91942
(619) 667-5649
TDD 667-2970

*"I have not failed. I have just found 10,000 ways that
won't work."*

-Thomas A. Edison

Metropolitan Career Centers

Locations:

Metro Career Center

3910 University Avenue, Ste. 400

San Diego, CA 92105

(619) 228-2900

(888) 884-7397

TDD (619) 228-2983

info@workforce.org

Serra Mesa-Kearny Mesa Branch

Serra Mesa-Kearny Mesa Public Library

9005 Aero Drive

San Diego, CA 92123

(858) 715-0442

Tuesday and Wednesday 12:30 p.m.— 5:00 p.m.

Thursday and Friday 1:30 p.m.— 5:00 p.m.

South Metro Career Center

4389 Imperial Avenue

San Diego, Ca 92113

(619) 266-4200

South Metro / Grant Hill Branch

3295 Market Street

San Diego, CA 92102

(619) 233-6829

“Every noble work is at first impossible.”

-Thomas Carlyle

(continued)

South County Career Center

1111 Bay Blvd., Suite E
Chula Vista, CA 91911
(619) 628-0300

South County Career Center Bonita-Sunnyside Branch

4375 Bonita Road
Bonita, CA 91902
(619) 472-6602

East County Career Center

924 East Main Street
El Cajon, CA 92021
(619) 590-3900

East County Career Center / Spring Valley Branch

Spring Valley Public Library
836 Kempton St.
Spring Valley, CA 91977
(619) 667-0133

Monday 10:00 a.m.— 7:00 p.m.
Tuesday 9:30a.m.— 6:00 p.m.
Wednesday 9:30a.m.— 6:00 p.m.
Thursday 9:30a.m.— 6:00 p.m.
Friday 9:30a.m.— 5:00 p.m.

*'The man who removes a mountain begins by carrying
away small stones.'*

-William Faulkner

(continued)

North County Coastal Career Center

1949 Avenida del Oro, Suite 106

Oceanside, CA 92056

(760) 631-6150

Vista Townsite Community Partnership

642 Vista Village Drive

Vista, CA 92084

(760) 806-8980

Monday— Thursday 9:00 a.m.— 4:00 p.m.

North County Inland Career Center

463 North Midway Drive, Suite 100b

Escondido, CA 92027

(760) 871-1962

“I learned that the only way that you are going to get anywhere in life is to work hard at it. Whether you’re a musician, a writer, an athlete or a businessman, there is no getting around it. If you do you’ll win— if you don’t you won’t.”

-Bruce Jenner

Websites With Jobs

Affirmative Action Register	www.aarjobs.com
AbilityLinks	www.abilitylinks.org
Caljobs	www.caljobs.ca.gov
Disaboom Jobs	www.disaboomjobs.com
Earn works	www.earnworks.com
GettingHired	www.gettinghired.com
HireDisabilitySolutions	www.hireds.com
Indeed for hourly jobs	indeed.com
Job Giant	jobgiant.com
Jobing	sandiego.jobing.com
One More Way	www.onemoreway.org
San Diego Jobs!	www.sandiegojobs.com
Snagajob	www.snagajob.com
Craigslist	sandiego.craigslist.org
RecruitAbility	www.disabledperson.com
National Business Disability Council	www.nbdc.com
San Diego Union Tribune	www.careers.signonsandiego.com
Federal Employment of People with Disabilities	www.opm.gov/disability/PeopleWithDisabilities.asp

I'm a great believer in luck, and I find the harder I work, the more I have of it. -Thomas Jefferson

211

By dialing 211, you are linked to a live highly-trained Information & Referral Specialist who will navigate you through your situation by assessing your needs and then matching you to the best resource in your community. Assistance is confidential and offered in more than 150 languages.

Online Database and Highlighted Programs:

211 San Diego's online database of nearly 3,000 services enables anyone with internet access to find community resources and search by program or location at www.211sandiego.org. Highlighted Programs, found on our website, specifically target clients and customers looking for direct information on specific topics like services for children, disaster, and homeless services.

In Times of Disaster:

During a disaster, 211 works with the County of San Diego's Office of Emergency Services to provide public information to the community, rumor control and trend analysis to County officials, report community needs that are not being met, and act as the central communications point for other community agencies and non-governmental organizations.

"To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness."

-John Dewey

Access to Independence

Locations:

San Diego
8885 Rio San Diego Drive, Suite 131
San Diego, CA 92108
(619) 293-3500
TTY (619) 293-7757
(800) 300-4326
TTY (800) 959-9395

North County
209 E. Broadway
Vista, CA. 92084
(760) 643-0447
TTY (760) 643-0452

www.accesstoindpendence.org

State Council on Developmental Disabilities Area Board 13

Location:

8880 Rio San Diego Drive, Suite 250
San Diego, CA 92108
(619) 688-3323
(800) 748-2055
ab13@scdd.ca.gov

"Nothing is particularly hard if you divide it into small jobs."

-Henry Ford

Autism Society of America— San Diego Chapter

Location:

4699 Murphy Canyon Road
San Diego, CA 92123
(858) 715-0678
info@sd-autism.org

Mailing Address:

P.O. Box 420908
San Diego, CA 92142

Disability Rights California

Location: (for San Diego region)

1111 Sixth Avenue, Suite 200
San Diego, CA 92101
(619) 239-7861
(800) 776-5746
TTY (800) 719-5798
www.disabilityrightsca.org

Exceptional Family Resource Center

Location:

9245 Sky Park Court, Suite 130
San Diego, CA 92123
(800) 281-8252
www.efrconline.org

*Work is not man's punishment. It is his reward and
his strength and his pleasure."* -George Sand



3030 Market Street
San Diego, Ca 92102
(619) 685-1175
Fax (619) 234-3759
www.arc-sd.com