

Student & Family Resources

Food/Shelter Resources

- [Families Forward](#)
8 Thomas
Irvine, CA 92618
(949) 552-2727
- [Family Assistance Ministries](#)
1030 Calle Negocio
San Clemente, CA 92673
(949) 492-8477
- [Mercy Warehouse](#)
27932 El Lazo
Laguna Niguel, CA 92677
(949) 910-0024
- [Saddleback Valley Community Church](#)
1 Saddleback Parkway
Lake Forest, CA 92630
949-609-8000
- [Second Harvest Food Bank of Orange County](#)
8014 Marine Way
Irvine, CA 92618
(949) 653-2900
- [Society of St. Vincent de Paul](#)
29102 Crown Valley Parkway
Laguna Niguel, CA 92677
(949) 249-4092
- [South County Outreach](#)
7 Whatney, Suite B
Irvine, CA 92618
(949) 380-8144
- [The Laguna Beach Pantry](#)
20652 Laguna Canyon Road, Unit B
Laguna Beach, CA 92651
(949) 497-7121

Counseling Resources

- [211 Orange County](#)
P.O. Box 10473
Santa Ana, CA 92711
(888) 600-4357
Health and Human Service Resources.
- [After-School Program Intervention and Resiliency Education \(ASPIRE\)](#)
31862 Coast Highway, Suite 100
Laguna Beach, CA 92651
(949) 499-7504
Mood Disorders, Self-Harm, Thoughts of Suicide, PTSD, Anxiety Disorder, Substance Abuse
- [BBK Psychotherapeutic Services](#)
23461 South Pointe Drive, Suite 175
Laguna Hills, CA 92653
(714) 543-0483
Individual and Group Counseling, EMDR Therapy.
- [California Youth Services](#)
23282 Mill Creek Drive, Suite 130
Laguna Hills, CA 92653
(949) 303-9016
Substance Abuse, Academic Challenges, Behavioral and Mental Health.
- [Care Counseling](#)
1614 E. 17th Street, Suite D
Santa Ana, CA 92705
(714) 836-9900
Domestic Violence, Victims of Violent Crime, Child Abuse, Parenting, Anger Management, Substance Abuse including Eating Disorders, Grief.
- [Casa de la Familia](#)
508 W. Commonwealth Ave.
Fullerton, CA 92832
(714) 667-5220
Domestic Violence.

- [Catholic Charities of Orange County](#)
1820 E. 16th Street
Santa Ana, CA 92701
(714) 347-9602
Food Distribution, Counseling, Immigration & Citizenship Services.
- [CHEC Family Resource Center](#)
27412 Calle Arroyo
San Juan Capistrano, CA 92675
(949) 489-7742
Counseling Services, Domestic Violence, Parent Education, CalFresh, CalWORKs, Covered California and Medi-Cal, Food Distributions, Legal Consultations, Life Skills.
- [Child Guidance Center](#)
525 Cabrillo Park Drive, Suite 300
Santa Ana, CA 92701
(714) 953-4455
Behavioral and Mental Health Services.
- [Children's Home Society of California](#)
333 South Anita Drive, Suite 350
Orange, CA 92868
(714) 456-9800
Child Care Payment, Educations, Referrals, Resources.
- [Crittenton Services for Children and Families](#)
801 E. Chapman Ave., Suite 203
Fullerton, CA 92831
(714) 680-9000
Trauma
- [FACES](#)
2601 E. Chapman Ave., Ste. 114
Fullerton, CA 92831
(714) 447-9024
Parenting Classes, Anger Management, Counseling, Reunification.
- [Laguna Behavioral](#)
28281 Crown Valley Parkway, Suite 140
Laguna Niguel, CA 92677
(949) 367-1200
Psychological Testing, ADD/ADHD Testing, Anxiety, Panic Disorder, OCD, PTSD, Sleep Disorder, Depression.

- [Mariposa Center](#)
 1845 W. Orangewood Ave., Suite 300
 Orange, CA 92868
 (714) 547-6494
Mental Health Counseling, Substance Abuse, Violence, Trauma.
- [OC Health Care Agency OC Links](#)
 (855) 625-4657
Mental Health Counseling, Alcohol and Drug, Homeless, Parenting, LGBTQ, Crisis Intervention, Suicide Prevention.
- [OLIVE CREST](#)
 (714) 543-5437
At-Risk Youth.
- [Orange County Social Services Agency](#)
 (855) 886-5400
CalWORKS, CalFresh, Refugee, and Medi-Cal.
- [Pepperdine Community Counseling Center](#)
 18111 Von Karman Avenue
 Irvine, CA 92612
 (949) 223-2500
Behavioral Problems, Attention/Academic Problems, Single Parenting Issues, Blended or Step-Family Issues, Depression/Anxiety, Chronic Illness, Grief, Alcohol and Substance Abuse, Stress and Lifestyle Management.
- [Pepperdine Resource, Youth Diversion and Education \(PRYDE\)](#)
 20202 Windrow Drive
 Lake Forest, CA, 92630
 (949) 206-8600
Prevention, Intervention, and Counseling Program for At-Risk Youth.
- Pilgrimage Family Therapy Center
 23201 Mill Creek Drive, Suite 220
 Laguna Hills, CA 92653
 (949) 460-5320
Anxiety, Bereavement, Food Addiction.

- [South Orange County Family Resource Center](#)
22481 Aspan Street, Suite B
Lake Forest, 92630
(949)364-0500
Counseling, Domestic Violence, Family Support, Parenting Education, CalFresh, CalWORKs, Covered California, Medi-Cal, Food Distributions, Legal Consultations, Life Skills.
- [Western Youth Services](#)
26137 La Paz Road, Suite 230
Mission Viejo, CA 92691
(949) 595-8610
Emotional/Behavioral Problems, Depression/Anxiety, Post-Traumatic Stress, Child Abuse, Loss/Grief.
- [USC Suzanne Dworak-Pek School of Social Work Telehealth Online Clinic](#)
(866) 740- 6502
Anxiety/Depression, Family Conflict, Grief/Loss, Abuse or other Trauma

LGBTQ+

- Advocates for Youth
[Are You an Askable Parent?](#)
- American Psychological Association
[Sexual Orientation and Gender Identity](#)
- CDC.gov
[Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know](#)
- [Family Acceptance Project](#)
- [Gay, Lesbian & Straight Education Network \(GLSEN\)](#)
- [Genders & Sexualities Alliance Network \(GSA\)](#)
- HealthyChildren.org
[Gender-Diverse & Transgender Children
Health Concerns for Gay and Lesbian Teens](#)
- [It Gets Better](#)
- KidsHealth.org
[Sexual Orientation](#)
- [LGBTQ Center Orange County](#)
(714) 953-5428
Programming is especially designed for gay men, lesbians, youth, the transgender community, the Spanish-speaking LGBTQ community, the bisexual community, and LGBTQ families.
- [PFLAG South Orange County/Laguna Hills](#)
(949) 424-3987
Organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.
- [Q Chat Space](#)
- STOMP Out Bullying
[LGBTQ + Bullying](#)

- StopBullying.gov
[What You Can Do](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
[A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children](#)
- [TG Rainbow](#)
(949) 770-0702
All-inclusive transgender support group which provides support to anyone who is transgender, a family member or spouse, friend, ally, or just wants to understand.
- [The Trevor Project](#)
- [UCI Health Gender Diversity Program](#)
(714) 456-6025
Interdisciplinary program dedicated to caring for transgender and gender-expansive children, teens and adults.
- Youth.gov
[Electronic Aggression and Teen Dating Violence](#)

Note: For more family resources, please visit the CUSD Family Center online <https://sped-capousd-ca.schoolloop.com/frc> or in person at the District Office. For more information, please contact Sonia Moser, the Family Resource Center Liaison via email at somoser@capousd.org or (949)234-5597.

COMMUNITY RESOURCES: The referrals listed are not sponsored, endorsed, supported or specifically recommended by the Capistrano Unified School District or any of its employees. The referrals are provided as a community service based on information gathered from the providers or other sources. The District has not done any independent investigation or evaluation of any resource and does not take any responsibility for the quality or competency of the services provided.