



Free Resources for San Francisco Families

Do you need information or resources about child development? Or are you wondering if your child needs an assessment for services such as speech therapy, physical therapy, occupational therapy, or other types of support? Below is a list of programs and services in San Francisco to assist you and your child.

Early Connections : Care.Play.Grow

Early Connections at the San Francisco Department of Early Childhood

You can contact the Centralized Access Point through Support for Families. There you will find information about developmental playgroups for parents and children 0-3 year olds, care coordination, local family resources, referral services, and other local and citywide support services. You can also get answers to your questions and advice on upcoming milestones in your child's development. All services are free and require no insurance or referrals.

Contact: earlyconnections@supportforfamilies.org or 415-920-5040

Learn More Online: Early Connections is online at <https://www.sf.gov/early-connections>

Scan for intake form:



Golden Gate Regional Center (GGRC)

The Golden Gate Regional Center offers assessments, interventions, and support.

You can request an assessment. The Golden Gate Regional Center offers early intervention services for children aged 0 to 3 and developmental monitoring for children ages 3 and older. Services offered may include speech therapy, physical therapy, occupational therapy, special education, family support, nutritional support, social support, audiology services, nursing care, and other forms of medical or paramedical support. Scan the QR code to complete the referral form.

Contact: intake@ggrc.org or 415-546-9222

Scan for intake form:



English



Spanish

San Francisco Unified School District (SFUSD)

The San Francisco Unified School District offers assessments and interventions.

You can request an assessment for an Individualized Education Program (IEP). This service is for children ages 3 and older. An IEP may include speech therapy, special education classes, inclusive classes, physical therapy, occupational therapy, ophthalmology services, orientation and mobility services, nursing care, audiology services, and behavioral interventions. Scan the QR code to complete the application or contact the the SF Centralized Access Point at Support for Families (earlyconnections@supportforfamilies.org or 415-920-5040) for assistance with the application.

Contact: Email : ecreferrals@sfusd.edu or Telephone: 415-401-2525 ext. 1101

Scan for more information:



San Francisco Family Resource Centers (FRCs)

A Network of 25 Family Resource Centers (FRCs) in San Francisco.

You'll find welcoming community spaces where you can get free support, advice, and contacts for your family. At a Family Resource Center (FRC), you can participate in parenting workshops, support groups, family events, and learn about child development and positive parenting. You can also get help finding resources such as housing, food, employment, domestic violence, legal aid, and much more. FRC services are free and accessible by all San Francisco families.

Contact: Scan the QR code to see a list of Family Resource Centers.

Events: [FRC Family Events Calendar](https://legacy.sfdec.org/family-resource-centers/family-event-calendar/) <https://legacy.sfdec.org/family-resource-centers/family-event-calendar/>

Scan for more information:

