

Hello and Welcome to The Family Wellness Center!

We are a branch of San Diego Center for Children, the oldest nonprofit serving children and families for over 130 years. The Center provides a large variety of services to the community including residential, outpatient, wrap around services and more. We are passionate about serving our community and families!

At FWC, we provide comprehensive ASD services which are accessible to all ages, including children and adults:

- Psychological assessments and personalized Family Action Plans.
- Evidence-based therapies, Applied Behavior Analysis (ABA), and psychotherapy focused on behavior, social and life skills development.
- Parent and group therapy, including adults with Asperger's-like thinking therapy group.
- ABA-based recreation groups and activities.
- Age-specific social skills groups for children ages 4-18.
- Access to on-site autism resource library and community resources.
- Partnership with Cajon Valley Unified School District for on-site behavioral support in the classroom.
- Services provided in the home, school, community or on-site at the Family Wellness Center.
- Summer Camps, 2020

During these unforeseen circumstances relating to COVID-19, we are currently providing telehealth as the primary method of service. This includes Applied Behavior Analysis, Psychotherapy, social skills groups and more to come!

If you are interested in our services, contact Amelia Ray, ASD Services Manager at (858) 633-4126 or aray@centerforchildren.org.

**Please feel free to send an email or leave a voicemail the day of the race. All inquiries will be responded to on Monday, March 30th*

We know this is not an easy time, and we are hoping to provide as much support as we can to our community through these challenges. Have fun at the virtual race and we look forward to talking with you soon!

Best,

Amelia Ray, LCSW, BCBA