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Independent Living Centers (ILC's) offer services to all individuals who are disabled, including information and referral, general counseling, mobility training, attendant care referral, peer support services, advocacy and paralegal assistance and financial counseling. In addition to these general services, independent living centers also offer a variety of vocational-related services, including employment counseling, employment readiness assistance, training in specific occupations, and job referral and placement. Some ILC's also offer residential training programs. For specific information about the services your local independent living center offers, contact the ILC nearest to where you live. To locate an ILC near you, contact either of the following two organizations: Independent Living Research Utilization Project (ILRU) at 713/520-0232 (<www.ilru.org>) or National Council on Independent Living (NCIL) at 703/525-3406 (<www.tsbbs08.tnet.com>).

INDEPENDENT LIVING CENTERS

Center for Independence of the Disabled, Inc.

650/595-0783
FAX: 650/595-0261
875 O'Neill Ave.
Belmont, CA 94002

Center for Independent Living

209/276-6777
FAX: 209/276-6778
TDD: 209/276-6779
3475 West Shaw, Ste 101
Fresno, CA 93711

Center for Independent Living

510/841-4776
FAX: 510/841-6168
2539 Telegraph Ave.
Berkeley, CA 94704
Website: <www.cilberkeley.org>

Central Coast Center for Independent Living

831/462-8720
FAX: 831/462-8727
1395 41st Ave Suite B
Capitola, CA 95010
E-mail: cccil@tsbbsoz.tenet.com

Central Coast Center for Independent Living

Salinas office:
831/757-2968
FAX: 831/757-5549
234 Capitol St., Ste A
Salinas, CA 95901

Community Resources for Independence

707/528-2745
FAX: 707/528-9477
2999 Cleveland Ave., Suite D
Santa Rosa, CA 95403

Ukiah Office

707/463-8875
FAX: 707/463-8878
1040 N. State St., Suite E
Ukiah, CA 95482-3414
E-mail: cruikiah@excite.com

Fort Bragg Office

707/964-6714
FAX: 707/964-1761
310 E. Redwood Ave.
Fort Bragg, CA 95437

13. Independent Living

Community Resources for Independence

Napa Office
707/258-0270
FAX: 707/258-0275
1040 Main St., Suite 301
Napa, CA 94559

Community Resources for Independent Living, Inc.

510/881-5743
FAX: 510/881-1593
439 A Street
Hayward, CA 94541
E-mail: *cril@pacbell.net*

Disability Resources Agency for Independent Living

209/521-7260
FAX: 209/521-4763
221 McHenry Blvd.
Modesto, CA 95354
Website: <www.drail.org>

San Joaquin ILC:
209/477-8143
4555 Precissi Lane
Stockton, CA 95207

Mother Lode ILC:
209/532-0963
975-A Morningstar
Sonora, CA 95370

FREED

800/655-7732
530/272-1732
FAX: 530/272-7793
154 Hughes Rd., Suite 1
Grass Valley, CA 95945
E-mail: *freed@nccn.net*

Humboldt Access Project

707/445-8404
FAX: 707/445-9751
812 Sixth Street
Eureka, CA 95501

Independent Living Center of Kern County

805/325-1063
FAX: 805/325-6702
1927 Eye St.
Bakersfield, CA 93301

Independent Living Center

805/963-0595
FAX: 805/963-1350
1927 Eye Street
Santa Barbara, CA 93301

Independent Living Resource Center

805/925-0015
327 East Plaza Drive, #3A
Santa Maria, CA 93454

Independent Living Resource Center of San Francisco

415/543-6222
FAX: 415/543-6318
649 Mission St., Third Floor
San Francisco, CA 94105

Independent Living Resource of Contra Costa County

925/363-7293
FAX: 925/363-7296
3200 Clayton Rd.
Concord, CA 94519

13. Independent Living

INDEPENDENT LIVING CENTERS (continued)

Independent Living Services of Northern California

530/893-8527
FAX: 530/893-8574
555 Rio Lindo Ave., Suite B
Chico, CA 95926
E-mail: ILSNC@maxinet.com

Independent Living Services of Redding

530/242-8550
1411 Yuba Street
Redding, CA 96001
E-mail: ILSNCRDG@maxinet.com

Marin Center for Independent Living

415/459-6245
FAX: 415/459-7047
710 Fourth Street
San Rafael, CA 94901

Placer Independent Resource Services

530/885-6100
FAX: 530/885-3032
11768 Atwood Rd., Suite 29
Auburn, CA 95603

Resources for Independent Living

916/446-3074
FAX: 916/446-2443
1211 H Street, Suite B
Sacramento, CA 95814
E-mail: RIL@SNA.com

Silicon Valley Independent Living Center

408/894-9041
FAX: 408/894-9050
2306 Zanker Rd.
San Jose, CA 95131
Website: <www.svilc.org>

Gilroy office:
408/847-1805
7415 Egleberry Street, Suite C
Gilroy, CA 95020

OTHER ORGANIZATIONS

California Foundation for Independent Living Centers (CFILC)

916/325-1690
FAX: 916/325-1699
660 "J" Street, Suite 270
Sacramento, CA 95814
E-mail: cfilc@cfilc.org

- Act as advocate for all ILC's in California (for federal and state issues)

13. Independent Living

Economic and Social Opportunities, Inc.

408/971-0888

408/971-2789

P.O. Box 610968

San Jose, CA 95116

- Home Access Program (home modifications)
- Handyworker Program to do minor home repairs (for home owners only)
- Provide payment assistance for households experiencing energy-related emergencies

Independent Living Research Utilization (ILRU)

713/520-0232

The Institute for Rehabilitation and Research

2323 S. Sheppard, Suite 1000

Houston, TX 77019

Website: <www.ilru.org>

- National center for information training, research and technical assistance for independent living

National Council on Independent Living (NCIL)

703/525-3406

1916 Wilson Blvd., Suite 209

Arlington, VA 22201

E-mail: ncil@tsbbs08.tnet.com

- Training for independent living
- Information on ADA, 704 reports, rural transportation

Rehabilitation Research Center for TBI and SCI

Santa Clara Valley Medical Center

800/352-1956

408/295-9896

FAX: 408/295-9913

950 S. Bascom Ave., Suite 2011

San Jose, CA 95128

Website: <www.tbi-sci.org>

- Community education
- Information and referral service
- *InterAct* newsletter
- Peer support program

13. Independent Living

CAREGIVER RESOURCE CENTERS

Del Mar Caregiver Resource Center

831/424-4359

Intake & Information: 800/624-8304

FAX: 831/459-8138

40 Central Ave.

Salinas, CA 93901

Hollister Office:

800/624-8304

- Information and referral
- Family consultation services

Del Oro Caregiver Resource Center

916/971-0893

800/635-0220

5713-A Marconi Ave.

Carmichael, CA 95608

- Support groups
- Financial counsel
- Legal assistance

Family Caregiver Alliance (FCA)

800/445-8106

415/434-3388

690 Market Street, Suite 600

San Francisco, CA 94104

Website: <www.caregiver.org>

- Offers support and assistance to caregivers

Redwood Caregiver Resource Center

707/542-0282

800/834-1636

FAX: 707/575-4910

P.O. Box 1556

Santa Rosa, CA 95402

- Caregiver support
- Legal assistance
- Counseling services
- Respite care

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ORGANIZATIONS PROVIDING SERVICE DOGS

Assistance Dog Institute

707/585-0300
FAX: 707/585-0445
P.O. Box 2334
Rohnert Park, CA 94927-2334
E-mail: *assistdog@aol.com*

Canine Companions for Independence

800/572-BARK
P.O. Box 446
Santa Rosa, CA 95402
E-mail: *info@caninecompanions.org*
Website: <www.caninecompanions.org>

Delta Society - National Service Dog Center

800/869-6898
289 Perimeter Rd, East
Renton, WA 98044
E-mail: *deltasociety@cis.compuserve.com*

Independence Dogs, Inc.

610/358-2723
146 State Line Rd.
Chadds Ford, PA 19317
E-mail: *idi@ndepot.com*
Website: <www.ndept.com/idi>

PAWS With A Cause

800/253-PAWS
1235 100th Street, Southeast
Byron Center, MI 49315
E-mail: *p.cause@genie.com*

Support Dogs, Inc.

314/892-2554
3958 Union Rd.
St. Louis, MO 63125
E-mail: *supportdog@msn.com*

13. Independent Living

Helping Hands - Monkey Helpers for the Disabled

617/787-4419

1505 Commonwealth Ave.

Boston, MA 02135

Website: <www.helpinghandsmonkeys.org>

- Non-profit agency dedicated to improving the lives of individuals with quadriplegia by training capuchin monkeys to assist them with daily activities

