Support Groups (alpha order)

Adult sibling support group (HRC Family Support Group)

This group will be a time when Adult Siblings can share stories and strategies and obtain valuable information regarding developmental disabilities.

We'll discuss topics such as Planning for the Future, Conservatorship, Estate-Planning, Caregiving Demands, Stress Management and other relevant topics.

We meet the 4th Thursday of every month from 6:00 - 8:00 P.M. at Harbor Regional Center 21231 Hawthorne Blvd Torrance, CA 90503 (Conference Room A1, First Floor) If you have any questions about the group please contact: Kent Yamashiro at (310) 543-0687

Autism Society of America - Los Angeles Chapter Contact person: Caroline Wilson (562) 425-2292 Call for Resources and Information

Autism Society for the Greater Long Beach/Whittier areas Contact person: (562) 982-9129 This group offers support, training and information for parents of individuals with autism. Call for information on meeting or to be added to the mailing.

autism support group of the south bay (HRC Family Support Group)

This support group meets the 1st Tuesday of the Month: 6:30 - 8:30 pm Harbor Regional Center 21231 Hawthorne Blvd Torrance, CA Conference Room A2
For more information contact the Group Facilitators: Bonita Brisco: (310) 543-0614 or Heather Shepherd: (310) 543-0697

Club 21
Learning, social and support programs for families with children of all ages with Down syndrome.
[In English]
539 N. Lake Ave., Pasadena, CA 91101
(On the campus of Pasadena Covenant Church)
Weekly groups
Contact: 626.844.1821, info@clubtwentyone.org, www.clubtwentyone.org

Coffee Talk SouthEast Family Resource Center
16337 Bellflower Blvd., Bellflower, CA 90706
Contact Person: Alice Cunningham (562) 461-2986
Please call for time, day and, place where this support group meets

daDA Fathers Regional Support Network
For fathers of children with special needs of all ages.
[In English]
Denny’s Restaurant 3060 N. San Fernando Rd., Los Angeles, CA 90065
Monthly – Second Monday, 7 p.m. to 9 p.m.
Contact: Simon Lopez, 323.687.8903

Down Syndrome Family Support Group of Long Beach
Contact person: John or Kim Snyder (562) 425-5969
For parents of children with Down Syndrome, John and Kim are facilitating this Long Beach based group in their own home on the first Wednesday evening of each month. The meetings are both supportive and informative. Family oriented get-togethers are also offered, such as outings, parties and picnics. Call them if you are interested in participating.

Down Syndrome Parent Resource Network ~ San Gabriel Valley Sub-group of the Down Syndrome Association of Los Angeles (DSALA)
For families of children with Down syndrome.
[In English]
Cornerstone Speech and Language
711 Mission St., Ste. B, Pasadena, CA 91030
Monthly – Second Thursday, 7 p.m. to 9 p.m.
Contact: 818.786.0001, info@dsala.org, www.dsala.org

down syndrome support group of the south bay (a
The Down Syndrome Support Group of the South Bay is open to HRC families with a son or daughter, (or other family member) with Down Syndrome of any age, for parent-to-parent support, information sharing, education and guest speakers. This group is temporarily on hiatus. Please let us know if you are interested in attending future meetings. Contact the HRC Resource and Assistive Technology Center for future meeting dates and information, at (310) 543-0691

The Early Years Parent Support Group
21231 Hawthorne Blvd., Torrance, CA 90503
Contact Person: Kris Zerhusen (310) 543-0611
For parents of infants, toddlers and young children, 0 to 4 years of age, with a diagnosis of developmental disability or who are at risk of having a developmental disability and are followed by regional center. Contact facilitator for time, date, and place where the group meets.

Long Beach Family Resource Center/Miller Children’s Hospital
2801 Atlantic Avenue, 2nd Floor, Long Beach, CA 90801
Contact Person: Diane Black (562) 933-8050
Please call for time, day and, place where this support group meets.

Foothill Autism Alliance ~
Network Resource Meetings
Educational group for families of children with autism.
[in English]
Pasadena Child Development Associates
620 N. Lake Ave., Pasadena, CA 91101
Monthly – Second Wednesday, 7 p.m. to 9:30 p.m.
Contact: 818.66.AUTISM (818.662.8847), info@foothillautism.org, www.foothillautism.org

grandparents group (an hrc family support group)
The Grandparents Group is a place where grandparents can come to receive information and support as it relates to their grandchild with a developmental disability.

- Meet with other grandparents who share common concerns
- Learn about available services and supports. This group is temporarily on hiatus. Please let us know if you are interested in attending future meetings. Contact the HRC Resource and Assistive Technology Center for future meeting dates and information, at (310) 543-0691

HaMercaz ~ Social and Support Programs
Non-sectarian social and support programs for families of children with special needs.
[in English]
The Jewish Federation Goldsmith Center
6505 Wilshire Blvd., Los Angeles, CA 90048
Regularly scheduled programming
Contact: 1.866.287.8030, 818.688.1357, hamercaz@jfsla.org, www.jewishla.org

Long Beach Family Resource Center/Miller Children’s Hospital
2801 Atlantic Avenue, 2nd Floor, Long Beach, CA 90801
Contact Person: Diane Black (562) 933-8050
Please call for time, day and, place where this support group meets.

Los Angeles Asperger Syndrome Parent Support Group
3200 Motor Ave., Los Angeles, CA 90034
Contact person: Fran Goldfarb (310) 543-5064
E-Mail: beadsme@verizon.net or jdevine@lmu.edu
Meetings are 7-9 PM the 2nd Wednesday of every month at Julia Ann Singer. (Vista del Mar) Meetings are free and no reservations are necessary. Call for information

M.O.D.D.: More Opportunities for the Developmentally Disabled
M.O.D.D. Inc., P.O. Box 13924, Torrance, CA 90503
Contact Person:
Pat Siegel (310) 371-2897
Kea Carney (310) 792-4512, HRC
kea.carney@harborrc.org
Composed of parents, young adults with developmental disabilities over the age of 16, professionals and other concerned individuals. Promotes growth opportunities and
independence by participating in the arts. Offers singing, dance, theatre, and art programs.

Parents of Children with Epilepsy Support Group
For families of children with epilepsy of all ages.
[en]
All Saints Church
132 N. Euclid Ave., Pasadena, CA 91101
Monthly – Third Sunday, 1 p.m. to 2:30 p.m.
Contact: Azita Fatheree, 626.354.8504

SWSELPA
1135 W. 257th St., Harbor City, CA 90710
Contact Person: Maryann Clark or Christy Cole (310) 798-2965
Please call for information regarding date, time, and place where this Support Group meets.

Pasadena Child Development Associates ~ Parent Support Group
Parent group for families with children of all types of disabilities and all ages.
[en]
Pasadena Child Development Associates
620 N. Lake Ave., Pasadena, CA 91101
Weekly – Every Tuesday, 6:30 p.m. to 8 p.m.
Contact: 626.793.7350, pcda@pasadenachilddevelopment.org,
www.pasadenachilddevelopment.org

Sibshops – KYRC area
Recreational support group for siblings ages 6 to 12 of individuals with developmental disabilities.
[en]
Friends at Play ~ Burbank First United Methodist Church 700 N. Glenoaks Blvd.,
Burbank, CA 91502
Monthly – Third Thursday, 4 p.m. to 5:30 p.m.
Contact: Edward Perez, 213.252.4986

Sibshops – WFREC area
An exciting program just for brothers and sisters of children with special needs. The goal of Sibshops is to address the needs of siblings by allowing them to share, play and learn with other children. Sibshops are on the 2nd Saturday of every month (October – June) from 9am-1:00 pm.
Call (310) 258-4063 in the WFREC area.
hrc sibling club

for children ages 7 - 16 who are siblings of hrc clients. Meetings will be held at least monthly in Torrance and Long Beach. For more information, please contact your HRC Counselor or the HRC Resource Center.

Autism and/or Asperger’s Syndrome
 Autismo y SÍndrome de Aspergers

South Bay Autism Support Group
21231 Hawthorne Blvd., Torrance, CA  90503
Contact person: Devan Brothers    (310) 543-0648
Maria Garibay          (310) 792-4586
This is support group for parents, come share information and resources with other families. Meetings are scheduled generally 2nd Tuesday evening of the month 6:30 p.m. – 8:30 pm at Harbor Regional Center. Please contact facilitator for additional information.

Teenshops
Recreational support groups for siblings ages 13 to 17 of individuals with developmental disabilities.
 [in English]
Friends at Play ~ Burbank First United Methodist Church 700 N. Glenoaks Blvd., Burbank, CA 91502
Monthly – Third Thursday, 4 p.m. to 6 p.m.
Contact: Edward Perez, 213.252.4986

TACA ~ Talk About Curing Autism
Parent meetings that feature educational speakers on important topics and peer support for parents of children with autism.
 [in English]
Incarnation Catholic Church ~ Saint Michael’s Hall
1001 N. Brand Blvd., Glendale, CA 91202
Monthly – Third Saturday, 1 p.m. to 3:30 p.m.
Contacts: Holly Riley and Julie Berle, holly_riley@tacanow.org, www.tacanow.org

UCP Burbank Apartments Support Group
Adult Client Support Group
 [in English]
UCP Burbank Apartments 600 S. San Fernando Rd., Burbank, CA 91502
Monthly – Second Tuesday, 3 p.m. to 4 p.m.
Contact: Ray Drumheiser, 818.841.8254

United Cerebral Palsy/Spastic Children’s Foundation
Contact person: (818) 782-2211
Information and referral for those who have diagnosed with CP and or a special need birth related. Call for further information regarding parent support groups.

West LA CHADD Support Group
For families of children with ADD AD/HD and Youth or Adults with ADD AD/HD meets every 3rd Tuesday of the Month 6:30pm to 9:00pm. Call Miriam Stein at (310) 995-7953 to RSVP. For Childcare call Family Resource Staff at (310) 258-4063

Westside Parents
A support and education groups for parents of children birth - 5 years. Provides open discussions and presentation of educational information pertaining to early childhood development and reinforces family strengths and resiliency. Meets every Friday at 12 noon facilitated by Mayra Mendez, Ph.D., L.M.F.T. Certified Group Psychotherapist. RSVP at (310) 258-4063

Spanish Support Groups

Alianza de Familias Especiales
Padre Encargado del Grupo:
Contact person: Claudia Sanchez (310) 337-9928
Grupo de Apoyo Familiar en el Area de Lakewood. Se reune en una iglesia. Para informacion adicional llame a Claudia Sánchez at (310) 337-9928

De Mi Familia A Su Familia
For families of children with autism of all ages. [in Spanish]
Lanterman Regional Center 3303 Wilshire Bl., Los Angeles, CA 90010
Monthly – First Wednesday, 10 a.m. to 11:30 a.m.
Contacts: Bertha Suazo, 213.413.4280
Zulma Mena, 213.215.9121
Margaret Rodriguez (SC), 213.252.6688
FUERZA
(Familias Unidad En Respuestas al de Síndrome de Downs y Otras Alteraciones)
Padre Encargado del Grupo:
Contact person: Ana Trujillo (800) 200-4323
Fax: (626) 917-9881

En colaboración con la Asociación del Síndrome de Downs de Los Angeles. Los servicios incluyen apoyo entre padres, reuniones mensuales, paquetes de información, recursos y referencias, picnic anual, periódico mensual, entrenamientos, symposiums, lista de oradores. Llame para información acerca de apoyo para familias con niños con autismo, paralysis cerebral, epilepsia y retardo mental. Todos los servicios son Español.

Grupo de Apoyo Para Familias de Intervención Temprana
For families of children with special needs between the ages of birth to 5 years. [in Spanish]
Lanterman Regional Center 3303 Wilshire Bl., Los Angeles, CA 90010
Monthly – Second Wednesday, 9 a.m. to 11 a.m.
Contacts: Agustina Mellin, 213.427.6298
Monica Mauriz (SC), 213.252.5686

La Esperanza
For families of children with developmental disabilities 15 years and older. [in Spanish]
Lanterman Regional Center 3303 Wilshire Bl., Los Angeles, CA 90010
Monthly – Second Monday, 9:30 a.m. to 11:30 a.m.
Contacts: Maria Sanchez, 213.926.1865
Maria Celedon, 213.618.2753
Anita Castillo-Pafford (SC), 213.252.6642
Maria Carranza (SC), 213.252.6090

Padre Encargado del Grupo
Contact person: Alice Cunningham (562) 461-2986
Grupo de Apoyo Familiar /Un Comienzo Temprano en el Área del Sureste. Se reune mensualmente. Para más información acerca del día y a que hora se reune el grupo conectese con el Centro de Recursos Familiares al (562) 461-2986.
Facilitadora,/directora: Alice Cunningham

Padres Unidos Lanterman
For families of children with developmental disabilities of all ages.
[in Spanish]
“Parents of Special Little Angels” Spanish Support Group

Meets the 2nd Thursday from 6:30pm-8:30pm. Through shared experiences and support, members learn how to advocate for their child. Childcare* is available. Call Martha Montealegre at (310) 258-4061 for more information.

Realizando Nuestros Sueños
Padre Encargado del Grupo:
Contact person: Jean Hansen (310) 325-7288 (310) 791-0773

Grupo de Apoyo Familiar para Familias con bebés o niños hasta los 3 años que tienen o están al riesgo de tener una incapacidad en su desarrollo. El Grupo se reúne el tercer Lunes de cada mes de 9:30am a 11:00am en el Centro de Recursos Familiares de Carolyn Kordich. Para más información llame al Centro de Recursos al (310) 325-7288 o al (310) 791-0773.

“Siempre Amigas”
A support group for Spanish Speaking mothers/women that are involved with a child with special needs. In a fun stress free environment, information, support and ideas are shared. This support group meets the 3rd Monday from 10:30am-1:30pm. Childcare* is available. Call Ereida Galda at (310) 258-4063 for more information.

Support Group A.F.E.
Off site Support Group for Spanish Speaking parents of children with disabilities. For information please call Claudia Sanchez (310) 815-9224 or Laura Casillas (323) 809-3232

Teatro Ilusión A theatrical group for children with developmental disabilities and their families. [in Spanish]
Shriners Hospital 3160 Geneva St., Los Angeles, CA 90020 (Virgil Avenue and Third Street)
Weekly – Friday, 6 p.m. to 8 p.m.
Contact: Yolanda Hernandez, 562.869.4090
unidad y fuerza support group

grupo de apoyo para padres de habla hispana con niños con incapacidades en su desarrollo...

... acompáñenos para conocer a padres, conversar, y obtener apoyo.

Las juntas son cada cuarto miércoles del més y empiezan a las 6:30 P.M.

Miller Children's Hospital
2801 Atlantic Avenue
Long Beach
en el Centro de Recursos en el segundo piso
Para más información llame a:
Pablo Ibañez: 310-792-4558  310-792-4558

Language / Culture Specific

Armenian Autism Outreach Project ~AAOP
For families of children with developmental disabilities of all ages.
[in Armenian]
Armenian Autism Outreach Project
320 Arden Ave., Ste. 240, Glendale, CA 91203
Contact: 818.542.AAOP,
info@armenianautismoutreach.org, www.armenianautismoutreach.org

Chinese Parents Association for the Disabled (CPAD)
Contact Person: Lina Yuan  (310) 539-5852
Website: http://www.cpad.org
Meetings are held at the San Gabriel Community Health Center in San Gabriel. Call for time and more information. Parent information and support for parents of developmentally disabled children, conducted by and for Chinese parents with sensitivity to cultural concerns and languages.

Families with Special Children Association (Chinese)
17538 Studebaker Road, Cerritos, CA 90703
Contact Person:  (562) 809-6868
Website: http://www.fwsca.org
Call for more information
Parents of Ethiopian Children with Special Needs Support Group

Meets the 3rd Friday of each month from 6:30-8:30 p.m. Child Care* is available, Call voice mail (323) 692-5669 for more information. Official Website: http://eptt.org/

Japanese-Speaking Parents Association of Children with Challenges
For Japanese-speaking families of children with special needs.
Little Tokyo Service Center 231 E. Third St., Ste. G-104, Los Angeles, CA 90013
Monthly – Third Saturday, 9:30 a.m.
Contacts: Mariko Magami, 818.249.1726
Michiko Wilkins, 818.557.0728

Korean Parent Support Group ~
Asian Advocate for Special People
For Korean speaking families of children with special needs.
[in Korean]
Lanterman Regional Center 3303 Wilshire Bl., Los Angeles, CA 90010
Monthly – Second Wednesday, 10 a.m. to 12 p.m.
Contact: Myoung-Hee Lim (SC), 213.252.6624

Korean Parent Group for the Developmentally Disabled
3030 West 6th Street, Ste. 222, Los Angeles, CA 90020
Contact Person: Mr. Kyung Hwan Lee (818) 993-7755
(213) 385-0977
Membership meetings are held quarterly at their office.

Vietnamese Parents of Disabled Children
Contact person: The-Luyen Chu (310) 370-6704
Website: http://www.vdpca.org
Parent information and support groups conducted by and for Vietnamese parents with sensitivity to cultural concerns and language. Meetings are usually quarterly, newsletter available. Call Mr. Luyen for further information.