

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 (an

hrc family support group)

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.

[in English]

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

Parent Support Group Sp. Ed. Family Resource Center

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.

[in English]

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.

[in English]

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 información 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 reúne mensualmente. Para más información acerca del día y a que hora se reúne 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]

Childrens Hospital Los Angeles ~ Castelar Conference Room
4650 Sunset Blvd., Los Angeles, CA 90027
Monthly – Second Tuesday, 7 p.m. to 9 p.m.
Contacts: Irma Cruz, 323.461.9307
Jessica Ferman (SC), 213.252.8312

“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...

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

Las juntas son cada **cuarto miércoles** del mes 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 6:30-8:30p.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.