DIRECTORY OF SUPPORT GROUPS
FOR PARENTS AND FAMILY MEMBERS
OF PEOPLE WITH DEVELOPMENTAL DISABILITIES
IN LOS ANGELES COUNTY

February, 2013

Developmental Disabilities Area Board 10
of the State Council on Developmental Disabilities
411 N. Central Ave., Suite 620
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INTRODUCTION

Developmental Disabilities Area Board 10 is pleased to provide this updated version of our Directory of Support Groups for Parents and Family Members of People with Developmental Disabilities in Los Angeles County. The Directory is part of our ongoing effort to provide information about resources available in the community to assist individuals and families. (Note that our listing of Self-Advocacy and Support Groups for People with Developmental Disabilities is in a separate publication on our website.)

With this edition, our section on cultural and language-specific groups has grown and when possible, listings are in English and also translated into the language of that section. We continue to have sections on groups that are disability specific (even some online groups), and groups for siblings, fathers, grandparents, and foster parents. We also include the list of Family Resource Centers in the L. A. area. They are a great source of information, materials, training and support. This Directory’s Table of Contents is the fastest way to find the type of group you are looking for.

For almost all groups, we have listed at least a phone number, email address, or website, and some descriptive information. Prior to attending any meetings, call or email first to find out specific meeting dates, times, and locations, especially as this changes from time to time.

Some groups limit participation to only those individuals/families served by a particular agency or program. We have tried to note those if they provided this information. There may be others with similar limitations that we did not know about. In any case, please be respectful of these restrictions and, if necessary, look for another group.

We have limited most of our listings to groups in Los Angeles County only. A few exceptions are included if they offer a service not available locally. To the best of our knowledge, participation in the groups listed is free of charge, unless otherwise indicated.

If you know of any changes or additional groups that should be listed, please contact us. We will be updating our website periodically. Finally, if you are seeking a type of support group not listed in this directory, we would be happy to assist you in your search. Feel free to contact Area Board 10 at 818-543-4631.
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CULTURAL OR LANGUAGE-SPECIFIC GROUPS
(For listings that are translated, English appears at the end of the entry.)

AFRICAN AMERICAN
Parents of Watts
Alice Harris 323-566-7556 pow90059@yahoo.com
Website: http://lauponline.org/POW.html
10828 Lou Dillon Ave., Los Angeles, 90059
Has a variety of programs that address disability and socioeconomic issues in African American, Asian, and Hispanic families who have children with disabilities in the Watts and Compton communities. Call or email for parent training and support information.

AMERICAN INDIAN
Southern California Indian Center
213-387-5772
Website: http://www.indiancenter.org/index.html
3440 Wilshire Blvd. #904, Los Angeles, 90010
Provides assistance with employment, education, training, and support to the American Indian community. Does not specialize in disabilities, but can assist with resources.

ARMENIAN
Armenian Autism Outreach Project (AAOP)
818-542-AAOP (2267) info@armenianautismoutreach.org
Website: www.armenianautismoutreach.org
320 Arden Ave., Suite 240, Glendale, 91203
Raises awareness about autism in the Armenian-American community through parent seminars, support groups, and informing the media.

Armenian Support Group of National Alliance on Mental Illness (NAMI)
Angel Markarian 818-636-3380 angemarkarian@att.net
Website: http://www.namisanfernandovalley.org/calendar/
Արմենիացի ազգային Անվտանգությունների հիվանդությունների առնչությունը, առանձին գիրքեր, Ամերիկահայ խմբերի և տեղյակ լրատվամիջոցների

6
Provides emotional support for anyone with a loved one with mental illness to share concerns, successes and information. Meetings held twice each month at Didi Hirsch Mental Health Center, 1540 E. Colorado Street, Glendale, 91205. Conducted entirely in Armenian.

CAMBODIAN
United Cambodian Community
562-433-2490 info@ucclb.org
Website: http://ucclb.org/
2201 E. Anaheim St., Suite 200, Long Beach, 90804
Assists refugee and Cambodian immigrants with advocacy, translation, health education, and community services. Does not specialize in disabilities, but can assist with resources.

CHINESE
Chinatown Service Center –華埠服務中心
電話 : 213-808-1700 電子信箱：cscinfo@cscla.org
網址：Website: http://www.cscla.org/index.php
地址：767 N. Hill St. #400, Los Angeles, 90012
（在阿罕布拉市和蒙市均有辦公室）
(Also has satellite offices in Alhambra and Monterey Park)
提供醫療、牙科和各種諮詢服務，職業發展、住房協助、政府福利資訊，以及僑華人社區的年長者和青少年服務的多項計畫。該中心不是專業的殘障機構，但提供相關的資源協助服務。會說各種方言。
Provides medical, dental, and counseling services, job development, housing assistance, government benefits information, and senior and youth
programs for the Chinese-American community. Does not specialize in disabilities, but can assist with resources. Many dialects spoken.

**Chinese Parents Association for the Disabled (CPAD)**
華裔殘障者家長協會
Rachel Chen, President  626-307-3837 会長
Rose Wang (Eastside group)  626-202-4773 東區分部

郵寄地址 P. O. Box 2884, San Gabriel, 91778-2884

Website: 網址 [http://www.cpad.org/](http://www.cpad.org/)

在華裔社區，□有發展性障礙的孩子們，定期□辦各種社交及文體活動；□家長們提供培訓和講習課程、以及各類協助團體

主要活動（每月兩次）地點：

First Christian Church, 220 S. Fifth St., Alhambra, 91801

東區新分部：
Hacienda Heights Library
16010 LaMonde St., Hacienda Heights, 91745

Provides parent trainings, support groups, and social-recreational activities for children with developmental disabilities in the Chinese community. Most events are twice a month at First Christian Church, 220 S. Fifth St., Alhambra, 91801. New Eastside group meets at Hacienda Heights Library, 16010 LaMonde St., Hacienda Heights, 91745. Call for details.

**ETHIOPIAN**

*Parents of Ethiopian Children with Special Needs Support Group*

Teri Mulugeta  323-692-5669

Website: [www.eptt.org](http://www.eptt.org)

Meetings held monthly at Westside Family Resource and Empowerment Center, 5901 Green Valley Circle, Suite 320, Culver City, 90230. Childcare is provided.

**FILIPINO**

*Filipino Parent Support Group*

Christina Macasaet  909-868-7700  cmacasaet@sgprc.org

Para sa mga magulang ng mga cliente sa San Gabriel Pomona Regional Center. Ang mga “meeting” o pagpupulong ay ginaganap sa wikang Ingles.
Ang mga “meeting” o pagpupulong ay ginaganap sa pangatlong Sabado “every other month” o kada pangalawang buwan pagkalipas. Ito ay palaging ginaganap sa San Gabriel Pomona Regional Center, 721 Corporate Center Dr., Pomona, 91768.

For parents of clients of San Gabriel Pomona Regional Center (SGPRC). Meetings are conducted in English. Meetings are held every other month at SGPRC, 721 Corporate Center Dr., Pomona, 91768.

Filipino Parent Support Group
Benjamin Garcia 818-756-6371 bgarcia@nlacrc.org
Para sa mga magulang ng mga kliyente ng Kondadong Hilaga ng Los Angeles (North Los Angeles County Regional Center). Ang mga pagpupulong ay kadalasang ginaganap sa Kuwartong Pulungan ng Unang Palapag (1st floor Conference Room) ng NLACRC, 15400 Sherman Way, Van Nuys, 91406. Kadalasang ginaganap sa wikang Ingles ngunit kalimitang may halong Tagalog. Ang grupo ay hindi lamang para sa mga Pilipino.

For parents of clients of North Los Angeles County Regional Center and surrounding areas. Meetings held most months at North Los Angeles County Regional Center’s 1st Floor conference room, 15400 Sherman Way, Van Nuys, 91406. Conducted in English, but Tagalog is sometimes mixed in. The group is not limited to Filipinos.

JAPANESE 日本語:
Japanese Speaking Parent Association of Children with Challenges (JSPACC)
Ruriko Yoshiyama 吉山 りり子 626-272-2154
Yoko Isozaki 磯崎 葉子 310-259-0761
Mariko Magami 馬上 み子 818-249-1726
info@jspacc.org
Website: http://www.jspacc.org/
JSPACC c/o Little Tokyo Service Center, 213 E. 3rd St., #G-104, Los Angeles, 90013
スペシャルニーズを持つ子供の親やファミリーを日本語でサポートする。障害のための公的サービスやプログラムなどの情報提供、情報交換を定期的に行っている。ウェブサイトは日本語だが英語での紹介もあり。問い合わせは下記まで
Assists parents and families of children with special needs in the Japanese-speaking community. Regular meetings, seminars, and newsletters to
exchange information about services and programs. Website is in Japanese or English.

**JEWISH**

*HaMercaz*
Sarah Blitzstein  866-287-8030  hamercaz@jfsla.org  
Website:  www.hamercaz.org  
12821 Victory Blvd., North Hollywood, 91606  
Advocacy, assistance, and support for parents of children with special needs and their siblings in the Jewish community and other faiths.

**KOREAN**  한국어

*Korean Parent Support Group (Harbor) – 한인 부모 모임 –*
Taejong Min  310-792-4542  taejong.min@harborrc.org  
웹사이트  Website:  [http://www.harborrc.org/content/?args=dG1wbD0zJmNpZD0xMjYzJnNpZD0wJmFpZD0w](http://www.harborrc.org/content/?args=dG1wbD0zJmNpZD0xMjYzJnNpZD0wJmFpZD0w)  
하버 리저널센터 부모님들을 위한 모임입니다. 모임은 매달 하버 리저널 센터 교육관에서 있습니다.  1155 E. San Antonio Dr., Long Beach, 90807
For parents of clients of Harbor Regional Center. Meetings held monthly at Harbor Regional Center Long Beach Training Site, 1155 E. San Antonio Dr., Long Beach, 90807.

*Korean Parent Support Group (Lanterman)- 한마음 부모회 -*
Myoung-Hee Lim  임명희  213-252-6624  mlim@lanterman.org  
Meeha Hwang  황미하  213-252-6644  m hwang@lanterman.org  
웹사이트  Website:  [http://www.lanterman.org/event_descriptions/korean_parent_support_group/](http://www.lanterman.org/event_descriptions/korean_parent_support_group/)  
렌터맨 리저널센터 부모님을 위한 모임입니다. 모임은 매월 렌터맨 리저널 센터 3층 회의실에서 있습니다.  3303 Wilshire Blvd., Los Angeles, 90010
For parents of clients of Lanterman Regional Center. Meetings held monthly at Lanterman Regional Center, 3rd Floor Conference Room, 3303 Wilshire Blvd., Los Angeles, 90010.

**Pasadena Child Development Associates Korean Parent Support Group -한인부모 지원 모임**
Christine Kim  626-793-7350  교환번호283  
Website:  www.pasadenachilddevelopment.org
Pasadena Child Development Associates, Inc.에서 한인 가족들을 위한 부모 지원 모임에 초대합니다. 한인 부모 지원 모임은 가족들에게 정부, 보험, 그리고 학교를 통해서 받을 수 있는 혜택과 서비스를 소개 드리며, 지원 절차를 안내해 드립니다. 이 모임을 통해 가족들은 자녀에 대한 관심을 표현하는 방법과 자녀 발달에 가장 효율적인 상담 기법을 안내 받고, 지원 받을 수 있는 여러 통로를 소개 받을 수 있습니다. 많은 한인가족의 관심과 참여를 기대하며, 이 모임이 여럿 한인 가족들에게 도움이 될 수 있길 기원 합니다.

장소: PCDA, 620 N. Lake Ave., Pasadena 91101  비용: 무료
This support group for Korean-speaking parents will focus on how to seek services through regional centers, school districts, and insurance. Counseling techniques to help guide families will also be discussed. Meetings held monthly at PCDA, 620 N. Lake Ave., Pasadena 91101.

MULTICULTURAL

Opening Doors to Multicultural Disability Communities
Mariko Magami, President marikomagami@earthlink.net
This is not a parent support group, but a multicultural collaboration of five community-based organizations. They work together as a unified voice on policy issues to protect the rights and expand access to culturally and linguistically competent services for people of color with disabilities and their families.

SPANISH

Todos las áreas / All areas:

Autism Society of Long Beach/San Gabriel
Sandra Alfaro (para espanol) 562-622-9286 – véase la pagina 25

Fiesta Educativa
323-221-6696 Irene Martinez or Angelica Herrera info@fiestaeducativa.org
Website: www.fiestaeducaativa.org
Informa y ayuda a las familias latinas para obtener los servicios y en el cuidado de su niño o un adulto con necesidades especiales a través de una conferencia anual y otros eventos. Informs and assists Latino families in obtaining services and in caring for their child or adult with special needs through an annual conference and other events.
FUERZA (Familias Unidad En Respuestas al de Sindrome de Down y Otras Alteraciones)
Ana Trujillo 800-200-4323 fuerza@fuerzainc.org
Website: www.fuerzainc.org
Este organización ofrece información, servicio de referencias, y sesiones educativas y de apoyo.
For Spanish-speaking parents of children with Down Syndrome, autism and other developmental disabilities. Provides information, resources, and educational and support workshops.

Hathaway-Sycamores Center for Grief and Loss for Children
(Centro de Dolor y Pérdida de la Infancia)
Joan Cochran 866-744-7433 or 818-281-1503 (English)
Martha Castillo 213-792-6069 (Spanish)
Website: http://www.hathaway-sycamores.org/programs/the-center-for-grief-and-loss-for-children/
Individual and group counseling, support groups, and training to bereaved families and children after the death of a loved one. Has two ongoing sets of groups: One is held at 1968 W. Adams Blvd., Suite 300, Los Angeles, 90018. This location has four simultaneous groups for children, teens, adults, and Spanish-speakers. The second is held at 851 N. Oakland Ave., Pasadena, 91104. This location has three simultaneous groups for children, teens, and adults. Spanish available, but call first.

Team of Advocates for Special Kids (TASK)
866-828-8275 (toll free) or 714-533-8275 task@taskca.org
Website: http://www.taskca.org
TASK ofrece a padres de niños con necesidades especiales apoyo y seminarios sobre cómo obtener servicios y sobre los derechos de intervención temprana, médica, terapia y educación, en Los Angeles y Orange County. Servicios en espanol y ingles.
Provides a wide variety of trainings and workshops on basic rights, special education rights, assistive technology, and more at locations throughout Los Angeles and Orange Counties. Trainings available in English or Spanish.

**Eastern Los Angeles Regional Center area: Centro Estrella of Alma Family Services**
Cristal Divas 323-881-3799  cristaldq@almafs.org  
Website: http://www.almafamilyservices.org/centro_estrella.asp  
Centro de recursos multilingüe y apoyo familiar para padres de niños con discapacidades de desarrollo y/o la salud mental o necesidades de salud. Las reuniones en español y inglés, cada semana en el Centro Estrella, 4701 E. Cesar Chavez Ave., Los Angeles, 90022.  
Multi-lingual resource center and family support for parents of children with developmental disabilities and/or health or mental health needs. Bilingual group meetings held weekly at Centro Estrella, 4701 E. Cesar Chavez Ave, Los Angeles, 90022.

**East Los Angeles Parent Support Group**
Claudia Cuevas  323-496-9769  
Para padres de niños con syndrome Down. Las reuniones en español y inglés en el Belvedere Park, 4914 E. Cesar Chavez Ave., Los Angeles, 90022.  
For parents of children who have Down Syndrome. Meetings held monthly in English and Spanish at Belvedere Park, 4914 E. Cesar Chavez Ave., L.A., 90022.

**Family Resource Library of Eastern Los Angeles Regional Center**
Yvette Baptiste  626-300-9171  ybaptiste@elafrc.net  
Hay 3 grupos: un grupo de parejas criando a un niño con necesidades especiales; un grupo para los padres de los adolescentes en edad de transición; y un grupo para los padres de niños médicamente frágiles (nacimiento a 3). Se realiza en Inglés, pero está disponible en español. Llame para más detalles y necesidades de traducción.  
Has 3 groups: one group is for couples raising a special needs child, one for parents of transition age adolescents, and one for parents of medically fragile children (birth to 3). Conducted in English, but Spanish translation available. Call for details and translation needs.
**TACA (Talk About Curing Autism – Hablando de curar el autism)**

**Charla con Café**
Mari Nalbandian  949-640-4401 ext 112  mari@tacanow.org
Website:  http://www.tacanow.org/en-espanol/charla-con-cafe-en-espanol-los-angeles-ca/

Grupo de apoyo en español exclusivamente para padres y madres que tienen hijos con autism. Reunimos una vez al mes en: Café in the Heights, 3510 N. Broadway, Lincoln Heights, 90031.

Support group for Spanish-speaking parents who have children with autism. Meetings held monthly at Café in the Heights, 3510 N. Broadway, Lincoln Heights, 90031. RSVP’s requested.

**Harbor Regional Center area:**

**Grupo de Apoyo Familiar/Un Comienzo Temprano en el Area del sureste**

Alice Cunningham 562-461-2986  sofrcbaby@msn.com
Website:  http://www.southeastfrc.org/default.asp

Para padres de niños en Early Start (nacimiento a 3) que hablan español en el área del sureste (Norwalk).

Early Start (birth to 3) Spanish-speaking parent group in the southeast area (Norwalk).

**Padres Unidos Por El Autismo (PUPA)**

Cesilia Hernández  562-428-9659
Brenda Macías  562-933-8050
Marilú Carrillo 562-507-0024
padresunidosporelautismo08@yahoo.com
Facebook: padresunidosporelautismo

Ofrece a las familias con individuos con necesidades especiales una variedad de servicios tales como información, asesoría, recursos, entrenamientos, y grupos de apoyo donde los padres encuentran soporte emocional, comparten información y consiguen conectarse con otras familias con diagnósticos similares. Las reuniones una vez al mes en el Miller Children’s Hospital 2801 Atlantic Ave, en la sala de conferencia A-2, Long Beach, 90806.

This group offers families with special needs a variety of services such as information, advice, resources, training, and support groups where families find emotional support, share information, and get connected with other families with similar diagnoses. Meetings held
monthly at Miller Children’s Hospital, 2801 Atlantic Ave, Conference Room A-2, Long Beach, 90806.

Realizando Nuestros Sueños/Realizing Your Dreams
Jean Hansen 310-325-7288  ckfrc@sbcglobal.net
Website: www.ckfrc.org
Para familias con niños 0 – 5 años al riesgo de tener o que tienen una incapacidad en su desarrollo. Se tiene las reuniones una vez al mes en el Centro de Recursos Carolyn Kordich, 1135 W. 257 St., Harbor City, 90710. Llevado a cabo en español e Inglés.
For parents of children from birth to 5 years who have or are at risk of a developmental disability. Meetings held monthly at the Carolyn Kordich Family Resource, 1135 W. 257th St., Harbor City, 90710. Conducted in Spanish and English.

TACA (Talk About Curing Autism – Hablando de curar el autism)
Charla con Café
Mari Nalbandian 949-640-4401 ext 112 mari@tacanow.org
Website: http://www.tacanow.org/en-espanol/charla-con-cafe-en-espanol-los-angeles-ca/
Grupo de apoyo en espanol exclusivamente para padres y madres que tienen hijos con autism. Reunimos una vez al mes en: Neighborhood Resource Center, 425 Atlantic Ave., Long Beach, 90802.

Unidad y Fuerza
Pablo Ibanez 310-792-4725 pablo.ibanez@harborrc.org
Website: http://www.harborrc.org/content/?args=dG1wbD0zJmNpZD0zNDgmc2IkPTUmYWhkPTA%3D
Para los padres que hablan español que tienen niños que reciben servicios del Centro Regional Harbor. Se tiene las reuniones cada mes en el Long Beach Memorial Miller Children’s Hospital Centro de Recursos, sala de conferencia A2, 2801 Atlantic Ave., Long Beach, 90806.
For Spanish-speaking parents of Harbor Regional Center clients.
Meetings held monthly at Long Beach Memorial Miller Children’s Hospital Resource Center, Conference Room A2, 2801 Atlantic Ave., Long Beach, 90806.

**Lanterman Regional Center area:**

**Compassionate Friends** –
Glendale: 323-347-9469 (Espanol)  818-236-3635 (English)
TCFVerdugoHills@gmail.com

Grief support after the death of a child. Meetings held monthly at Verdugo Hills Hospital, 4th Floor Council Room, 1812 Verdugo Blvd., Glendale, 91208.

**De Mi Familia a su Familia**
Bertha Suazo 213-413-4280
Zulma Mena 213-215-9121
Website:  
http://www.lanterman.org/event_descriptions/de_mi_familia_a_su_familia_1/

For Lanterman Regional Center parents of family members with autism. Meetings held monthly at Lanterman Regional Center, First floor Koch-Young conference room, 3303 Wilshire Blvd., Los Angeles, 90010.

**Grupo de Apoyo para Familias de Intervención Temprana**
Augustina Mellin 213-427-6298
Monica Mauriz – 213-252-5686  mmauriz@lanterman.org
Website:  
http://www.lanterman.org/event_descriptions/grupo_de_apoyo_para_familias_de_intervencion_temprana_23/

Para los padres del Centro Regional Lanterman de los niños desde el nacimiento hasta los 5 años. Se tiene las reuniones cada mes en el Lanterman Regional Center, Primer piso Koch-Young Sala de Conferencias, 3303 Wilshire Blvd., Los Angeles, 90010.
For Lanterman Regional Center parents of children from birth to age five. Meetings held monthly at Lanterman Regional Center, First floor Koch-Young conference room, 3303 Wilshire Blvd., Los Angeles, 90010.

**La Esperanza**
Maria Sanchez, 213-926-1865
Maria Celedon, 213-618-2753
Maria Carranza 213-252-6090  mcarranza@lanterman.org
Anita Castillo-Pafford 213-252-6642  acastillo@lanterman.org
Website: [http://www.lanterman.org/event_descriptions/la_1/](http://www.lanterman.org/event_descriptions/la_1/)

Para los padres del Centro Regional Lanterman de niños de 15 años o más. Se tiene las reuniones cada mes en al Lanterman Regional Center, Primer piso Koch-Young Sala de Conferencias, 3303 Wilshire Blvd., Los Angeles 90010.

For Lanterman Regional Center parents of children ages 15 and older. Meetings held monthly at Lanterman Regional Center, First floor Koch-Young conference room, 3303 Wilshire Blvd., Los Angeles, 90010.

**Padres Unidos Lanterman**
Irma Cruz, 323-461-9307
Jessica Hlebasko 213-252-8312  jhlebasko@lanterman.org
Website: [http://www.lanterman.org/event_descriptions/padres_unidos_lanterman_1/](http://www.lanterman.org/event_descriptions/padres_unidos_lanterman_1/)

Para los padres de niños de cualquier edad quienes son clientes de Lanterman Regional Center. Se tiene las reuniones cada mes en la Sala de Conferencia Castelar, Children’s Hospital, 4650 Sunset Blvd., Los Angeles, 90027.

For parents of any age Lanterman Regional Center client. Meetings held monthly at Children’s Hospital, Castelar Conference Room, 4650 Sunset Blvd., Los Angeles, 90027.

**North Los Angeles County Regional Center area:**
**Amor y Fortaleza Los Angeles and Amor y Fortaleza San Fernando Valley**
Sandra Baker 818-786-0001  sandra@dsala.org
Website: [www.dsala.org](http://www.dsala.org)
Grupo de apoyo para familias de ninos con syndrome de Down Llama o use email para mas información.
For Spanish-speaking parents of children with Down Syndrome. Call or email for more information.

**Cultivar Y Crecer**  
Fatima Castaneda 818-677-6854  
maria.castaneda@csun.edu  
Website:  
Para padres de niños hasta los 22 años que reciben servicios del Centro Regional del Norte del Condado de Los Angeles (NLACRC). Las juntas son dos veces al mes en el Centro Regional en el 15400 Sherman Way, primer piso, salón de conferencias, Van Nuys, 91406.  
For parents of children to age 22 who receive services from North Los Angeles County Regional Center. Meetings held twice a month at North Los Angeles County Regional Center Conference Room, 15400 Sherman Way, Van Nuys, 91406.

**Familias Unidas**  
Celia Madrigal 661-945-9598  
celia.madrigal@csun.edu  
Website:  
www.csunfamilyfocus.com  
Para familias en el Valle del Antelope, quienes reciben servicios del Centro Regional del Norte del Condado de Los Angeles (NLACRC). Las juntas son 2 veces al mes en el Family Focus Resource Center en la librería del NLACRC en 43210 Gingham Avenue, Lancaster, 93535.  
For families in the Antelope Valley who receive services from North Los Angeles County Regional Center. Meetings held twice a month at Family Focus Resource Center at NLACRC, 43210 Gingham Ave., Suite 6, Lancaster, 93535.

**National Alliance on Mental Illness (NAMI) – Grupo de Apoyo en espanol**  
Información en espanol, llame 818-994-6747  
spanish@namisfv.org  
Un grupo en Reseda y un grupo en Santa Clarita.  
Spanish-speaking support groups for families who have a person with mental illness. One group is in Reseda and one group is in Santa Clarita. Call or email for details.
San Gabriel Pomona Regional Center area:  
*Dad Rocks (Dads Assisting Dads Raising Outstanding Cool Kids)*

Elena Sanchez – 626-919-1091  
elena.sanchez@parentsplacefrc.com  
Website: [www.parentsplacefrc.com](http://www.parentsplacefrc.com)  

Para los padres de niños con discapacidades del desarrollo en el San Gabriel / Pomona zona. Las reuniones son cada dos meses en el Parents’ Place, 1500 S. Hyacinth Ave., Suite B, West Covina, 91791. Grupo se realiza en español e inglés. El cuidado de niños es proveido. Pizza y ensalada incluidos.

For fathers of children with developmental disabilities in the San Gabriel/Pomona area. Meetings held every other month at Parents’ Place, 1500 S. Hyacinth Ave., Suite B, West Covina, 91791. Group is conducted in English and Spanish. Child care provided. Pizza and salad included.

Nuevo Dia

Elena Sanchez 626-919-1091  
elena.sanchez@parentsplacefrc.com  
Website: [http://www.parentsplacefrc.com/services_father_support.asp](http://www.parentsplacefrc.com/services_father_support.asp)  

Grupo de apoyo para padres que tienen ninos con discapacidades o necesidades especiales. Pos todo el Valle de San Gabriel/Pomona y partes de Pasadena y Whittier. Las juntas son cada Segundo miércoles de el mes en el Lugar de los Padres, 1500 S. Hyacinth Ave., Suite B, West Covina, 91791. Cuidado de ninos es proveido.

For parents who have children with disabilities or special needs in the San Gabriel/Pomona Valley and some portions of Pasadena and Whittier. Meetings held monthly at Parents’ Place Family Resource Center, 1500 S. Hyacinth Ave., Suite B, West Covina, 91791. Childcare is provided.

South Central Los Angeles Regional Center area:  
*Grupo Bilingüe de Apoyo y Educación para Padres*

Maura McGinnis Gibney  213-743-3206  
maurag@sclarc.org  
Website: [http://www.sclarc.org/frc-calendar.php](http://www.sclarc.org/frc-calendar.php)  

Un grupo bilingüe de educación para padres y cuidadores de niños con el Centro Regional del Sur Centro de Los Angeles. El grupo juntara dos veces al mes en Plaza Mexico, 3180 E. Imperial Hwy,
Bilingual English/Spanish parent support and education group for parents of clients of South Central Los Angeles Regional Center
Meetings held twice a month at Plaza Mexico, 3180 E. Imperial Hwy, Lynwood, 90262. Topics vary each month. Check website calendar for details.

**Grupo de Apoyo y Educación para Padres y Cuidadores de Intervención Temprana**
Maura McGinnis Gibney 213-743-3206  maurag@sclarc.org
Website: [http://www.sclarc.org/frc-calendar.php](http://www.sclarc.org/frc-calendar.php)

Un grupo de educación para padres y cuidadores de niños desde nacimiento a los 3 años que son parte del programa de Intervención Temprana. El grupo junta una vez al mes en el Centro Regional del Sur Centro de Los Ángeles, Family Resource Center, 2º Piso, 650 W. Adams, Los Angeles, 90007.
For parents of South Central Regional Center children birth to age 3 in the Early Start program. Meetings held monthly at South Central Los Angeles Regional Center Family Resource Center, 2nd Floor, 650 W. Adams, Los Angeles, 90007.

**Grupo de Apoyo para Padres y Cuidadores de Ninos de 3**
Maura McGinnis Gibney 213-743-3206  maurag@sclarc.org
Website: [http://www.sclarc.org/support-groups.php](http://www.sclarc.org/support-groups.php)
Para padres de niños mayores de tres años que son clientes del Centro Regional del Sur Centro de Los Ángeles. El grupo tiene juntas una vez al mes en el Centro Regional, Family Resource Center, 2º Piso, 650 W. Adams, Los Angeles, 90007.
For parents of South Central Regional Center children over 3 years old. Meetings held monthly at South Central Los Angeles Regional Center Family Resource Center, 2nd Floor, 650 W. Adams, Los Angeles, 90007.

**Grupo de Apoyo para Padres a Padres**
Maura McGinnis Gibney 213-743-3206  maurag@sclarc.org
Website: [http://www.sclarc.org/frc-calendar.php](http://www.sclarc.org/frc-calendar.php)
Un grupo de apoyo para padres de hijos que son clientes del Centro Regional del Sur Centro de Los Ángeles. El grupo tiene juntas cada
otro semana en Plaza Mexico, 3180 E. Imperial Hwy, Lynwood, 90262.
Spanish-speaking parent to parent support group for clients of any age of South Central Los Angeles Regional Center. Meetings held every other week at Plaza Mexico, 3180 E. Imperial Hwy, Lynwood, 90262.

Westside Regional Center area:
Alianza de Familias Especiales
Francis Gomez 310-695-6941 francis.gomez95@gmail.com
Para las familias que hablan español que tienen niños con discapacidades. Horas de las reuniones cambian. Se realiza en español. Llame or email para obtener más información.

National Alliance on Mental Illness (NAMI) Spanish-Speaking Family Support Group
Rosina Ehrlich 310-488-6113 rosina@namila.org
Website: [http://namila.org/support-groups/](http://namila.org/support-groups/)
Grupo de apoyo gratis para la familia y para las personas que sufren de una enfermedad de salud mental. Reunimos cada miercoles en Didi Hirsch Mental Health Center, 4760 S. Sepulveda Blvd., Culver City, 90232.
Weekly free support group meetings: one for family members and one for people with mental illness, held at Didi Hirsch Mental Health Center, 4760 S. Sepulveda Blvd., Culver City, 90232. NAMI also has free classes available for parents with children under 18 with mental illness, and one for parents and caregivers of adults.

Siempre Amigas
Ereida Galda 310-258-4063 ereidag@westsiderc.org
Un grupo de apoyo para alas madres de niños con necesidades especiales; se realiza en español. Se tiene las reuniones cada mes
en el Westside Family Resource and Empowerment Center, 5901 Green Valley Circle #320, Culver City, 90230. Se ofrece cuidado de niños.

Spanish-speaking support group for mothers of children with special needs. Meetings held monthly at Westside Family Resource and Empowerment Center, 5901 Green Valley Circle #320, Culver City, 90230. Childcare is provided.

**Westside Tigers**
Elena Bustamante 310-671-9432  elenabustamante29@yahoo.com
Website: http://www.wfrec.org/index.php?option=com_content&view=article&id=51&Itemid=30&lang=en#WestsideFamilyResource&EmpowermentCenter

El grupo de apoyo para los padres que hablan espanol, para ayuda con el IEP de su nino y con los derechos de educacion especial. Horas de las reuniones cambian. Se realiza en espanol. Llame or email para obtener más informacion.

Spanish speaking IEP support group; helps parents with their child's IEP and special education rights. Meeting times vary. Conducted in Spanish. Call or email for information.

**THAI**
**Thai Support**
Pauline Utar – 626-287-5728  pauline.utar@yahoo.com

This is not a support group that meets regularly. However, telephone and email support and information about benefits and services are available to Thai-speaking parents from any regional center. Has occasional holiday activities.

**VIETNAMESE**
**Vietnamese Parents with Disabled Children Association** – Hội Phụ Huynh Việt Nam Có Con Em Khuyết Tật
Hung Nguyen 714-527-9216  Website: http://www.vpdca.org

Hội đã giúp các Hội viên hiểu rõ về hệ thống cung cấp dịch vụ, các luật liên quan đến người khuyết tật, và nhiều người đã trở thành những ngườiBien hỗ hữu hiểu cho con em của mình đạt được các phúc lợi, dịch vụ cần thiết
cho con em kém may mắn của mình và của gia đình. Hướng xuyên tổ chức những buổi hội học để Hội viên có được những tin tức mới nhất về các luật liên quan đến người khuyết tật, và để trao đổi kinh nghiệm. Xuất bản mỗi 3 tháng 1 lần, một № Số với những tin tức liên quan đến các phúc lợi, dịch vụ dành cho người khuyết tật và gia đình. Hoàn tất một bộ 16 tài liệu song ngữ (Anh-Việt) về các trợ cấp, dịch vụ thiết yếu dành cho người khuyết tật và gia đình.

Provides information on benefits and services and has support groups which meet quarterly. Call for details.
DISABILITY-SPECIFIC GROUPS

ATTENTION DEFICIT DISORDER

*CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder* – Non-profit organization that provides education, advocacy and support for individuals with ADHD. Several chapters in the L.A. area.
Website: [http://www.chadd.org/](http://www.chadd.org/)

**CHADD – Pasadena**
Dr. Melissa Thomasson  [chadd_pasadena@yahoogroups.com](mailto:chadd_pasadena@yahoogroups.com)
Website: [http://health.groups.yahoo.com/group/chadd_pasadena/](http://health.groups.yahoo.com/group/chadd_pasadena/)

Has monthly seminars on topics of interest to family members and adults with ADHD as well as monthly support group for adults with ADHD. Meetings are held at Frostig Center, 971 N. Altadena Dr., Pasadena, 91107. See website for details.

**CHADD – San Dimas/La Verne**
Jennifer and Donna  [la-verne@chadd.net](mailto:la-verne@chadd.net)
Website: [http://www.chadd.net/template.cfm?affid=357&p=about](http://www.chadd.net/template.cfm?affid=357&p=about)

Meetings held every other month at Grace Miller Elementary School Room #23, 1629 Holly Oak St., La Verne, 91750.

**CHADD – San Fernando Valley**
Dr. Roxanna Rahban  [san-fernando-valley@chadd.net](mailto:san-fernando-valley@chadd.net)
Website: [http://www.chadd.net/template.cfm?affid=615&p=about](http://www.chadd.net/template.cfm?affid=615&p=about)

Meetings held monthly at Encino Hospital, First Floor Conference Room, 16237 Venture Blvd., Encino, 91436.

**CHADD – South Bay**
Website: [http://www.chadd.net/template.cfm?affid=10G&p=about](http://www.chadd.net/template.cfm?affid=10G&p=about)

Weekly support group:
Justine 310-735-5874  [support@adhd-southbay.org](mailto:support@adhd-southbay.org)
Meetings held at Center for Learning Unlimited, 2785 Pacific Coast Hwy, Suite G, Torrance, 90505.

Monthly speaker Series:
Carolyn Kelly 424-206-9455  [chair@adhd-southbay.org](mailto:chair@adhd-southbay.org)
Speaker Series held most months at Del Webb Center for Health Education Bldg., Little Company of Mary Hospital, 4101 Torrance Blvd., Torrance, 90503.
CHADD – West Los Angeles
Miriam Stein 310-995-7953  miriamstein@earthlink.net
Website:  http://www.chadd.net/template.cfm?affid=30C&p=about
Meetings held monthly at Westside Family Resource and
Empowerment Center, 5901 Green Valley Circle, Suite 320, Culver
City, 90230.

AUTISM AND ASPERGER’S SYNDROME
Armenian Autism Outreach Project (AAOP) – See page 6

Autism Connect Online Support
autism-connect@live.com
Website: www.autism-connect.org
Facebook: www.facebook.com/autism.connect.org
Families connecting their children on the autism spectrum and their siblings
to programs, organizations and activities, mostly through online networking

Autism Society of Los Angeles – Adults with Autism, the Future is
Now
Caroline Wilson 562-804-5556  execdirector@autismla.org
Website: http://autismla.org/
For parents of adult children with autism. Meetings held most months at
Mychal’s Learning Place, 4901 W. Rosecrans Ave., Hawthorne, 90250.

Autism Society of America – Long Beach/San Gabriel Valley Chapter
Warm Line (English) - Contact Rita Rubin 877-AUTISM9
Warm Line (Spanish) - Contact Sandra Alfaro 562-622-9286
Website: http://www.greaterlongbeach-asa.org/
Long Beach meetings held monthly at Prisk Elementary School, 2375
Fanwood Ave., Long Beach, 90806. Contact Joey Hayashi at 562-982-
9129 or jhayashi@speakeasy.net
Whittier meetings held monthly in the home of Rita Rubin. Contact
562-943-3335 or 877-AUTISM9 or brubin698@earthlink.net

Autism Speaks
Los Angeles office - 323-549-0500
Website: www.autismspeaks.org
5455 Wilshire Blvd., Suite 2250, Los Angeles, 90036
A national organization that funds extensive research on autism, and provides advocacy, free toolkits and resources for families seeking information about autism

**Autism Support Group of the South Bay**  
Lizette Gonzalez 310-543-7962  
Website:  
[http://www.harborrrc.org/content/?args=dG1wbD0zJmNpZD0yNCZzaWQ9N0xhQ9MA%3D%3D](http://www.harborrrc.org/content/?args=dG1wbD0zJmNpZD0yNCZzaWQ9N0xhQ9MA%3D%3D)  
For parents of Harbor Regional Center clients who have autism. Meetings held monthly at Harbor Regional Center, First Floor, 21231 Hawthorne Blvd, Torrance, 90503. Child care is not available.

**De Mi Familia a su Familia** – For Lanterman Regional Center parents of family members with autism – see page 16

**Foothill Autism Alliance**  
818-66-AUTISM info@foothillautism.org  
Website: [www.foothillautism.org](http://www.foothillautism.org)  
Provides education, resources, and support for the autism community.  
Meetings held monthly at Pasadena Child Development Associates, 620 N. Lake Ave., 2nd Floor, Pasadena, 91101.

**Friends of Autism Support Group**  
Kristine Gutierrez 661-945-9598 kristine.gutierrez@csun.edu  
Meetings held monthly at Family Focus Resource Center at North Los Angeles County Regional Center, 43210 Gingham Ave., Suite 6, Lancaster, 93535.

**Los Angeles Asperger’s Syndrome Parent Group**  
Fran Goldfarb 310-543-5064 beadsme@verizon.net  
Jim Devine 310-543-5064 LAAsperger@gmail.com  
Website: [http://myweb.lmu.edu/jdevine/as/](http://myweb.lmu.edu/jdevine/as/)  
For parents of children with Asperger’s syndrome. Meetings held monthly at Julia Ann Singer Center Community Room at Vista Del Mar, 3200 Motor Ave., Los Angeles, 90034.

**Los Angeles Families for Effective Autism Treatment (LA FEAT)**  
info@lafeat.org  
Website: [www.lafeat.org](http://www.lafeat.org)
Education and support on effective autism treatments for families with children on the autism spectrum. Meetings held monthly at Kiwanis Club Hall, 2515 Valley Drive, Hermosa Beach, 90254.

**Padres Unidos Por El Autismo (PUPA)** – see page 14-15

**Santa Clarita Autism/Asperger’s Network**
661-297-8381  scaaninc@gmail.com
Website:  [http://santaclaritaautism.org/](http://santaclaritaautism.org/)
Has morning or evening monthly meetings. Mornings meetings (not July or December) are at North Los Angeles County Regional Center’s Conference Room, 28470 Avenue Stanford, Santa Clarita 91355. Evening meetings are at Christ Lutheran Church, Room 12, 25816 N. Tournament Rd., Valencia, 91355. No children please.

**TACA (Talk About Curing Autism)** – Non-profit organization that focuses on connecting families with appropriate autism professionals and treatments, through mentorship, education, advocacy and support

**Long Beach chapter:**
Julie Ward  julie.ward@tacanow.org
Meetings held monthly (not December) at Ability First, 3770 E. Willow St., Long Beach, 90815. Also has monthly Coffee Talk at Barnes and Noble, Long Beach Towne Center, 7651 Carson Blvd., Long Beach, 90808.

**Los Angeles./San Fernando Valley chapter:**
Holly Riley  holly.riley@tacanow.org
Moira Giammatteo  moira.giammatteo@tacanow.org
Meetings held monthly at Congregational Church of the Chimes, 14115 Magnolia Blvd., Sherman Oaks. No children allowed. Also has monthly Coffee Talk at Burbank Town Center Mall Food Court, 201 E. Magnolia, Burbank, 91502.

**Spanish group (Hable acerca del autismo curado) Charla con Café** – Support group for Spanish-speaking parents who have children with autism – see pages 14 and 15 (two groups)
The Help Group – Non-profit organization with a variety of specialized schools and therapies specializing in children with autism and other developmental disabilities. Has three ongoing parent support groups that are open to the public and free of charge. Website: http://www.thehelpgroup.org/parent/parent-support-groups/

Culver City group:
Gina Gonzalezreyna 310-751-1167 ggonzalez@thehelpgroup.org
Meetings held monthly at Village Glen School, 4160 Grand View Blvd., Culver City, 90066

Sherman Oaks group:
Mary Bauman 818-779-5273 mbauman@thehelpgroup.org
Meetings held monthly at The Help Group, 13130 Burbank Blvd., Sherman Oaks, 91401.

Transitioning Teens and Young Adults Parent to Parent group:
Samantha Kakac 818-779-5198 skakac@thehelpgroup.org
For parents of teens and young adults with ASD transitioning to adulthood. Meetings help monthly at The Help Group, 13164 Burbank Blvd., Sherman Oaks, 91401.

BRAIN INJURY
Betty Clooney Center for Persons with Traumatic Brain Injury
562-938-9005
Website: http://www.bcftbi.org/tbi-resources/support-groups.asp
Non-profit organization that provides classes, support groups, training events, vocational services, and assessments for people who have sustained a brain injury. Has a variety of support groups for people with traumatic brain injury, including one for members of the military, and several for caregivers of people who have head trauma. Several meeting locations including Cypress, Long Beach, Claremont, Pasadena, Granada Hills, Burbank, Downey, and Santa Monica. Check website for details.

Brain Injury Support Group
Suzanne Schultz 818-885-8500 ext. 3797
Website: http://www.northridgehospital.org/Who_We_Are/Community_Programs/184723
For survivors and caregivers of people with brain injury. Meetings held weekly at Northridge Hospital, 18300 Roscoe Blvd., Northridge, 91328 in
the Institute for Living building (in the conference room through the Partial Hospitalization program).

**CEREBRAL PALSY**

*United Cerebral Palsy of Los Angeles and Ventura County*

818-782-2211  
Website: [http://www.ucpla.org](http://www.ucpla.org)  
6430 Independence Ave., Woodland Hills, 91367  
Non-profit organization with over 40 programs and services, ranging from residential and day programs to advocacy, family support services, and information and referrals to resources that serve people with cerebral palsy.

*United Cerebral Palsy Westside Parent Group*

Terri Lantz  818-788-2211 ext 582  tlantz@ucpla.org  
For parents of children with cerebral palsy from birth to high school graduation, from throughout L.A. County. Meetings held monthly at UCP Washington Place, 6110 W. Washington Blvd., Culver City, 90232.

**DOWN SYNDROME**

*Club 21*

(626) 844-1821  info@clubtwentyone.org  
Website: [www.clubtwentyone.org](http://www.clubtwentyone.org)  
539 North Lake Avenue, Pasadena, 91101 (on the campus of the Pasadena Covenant Church)  
A resource center with a variety of informational materials, seminars, and support groups for families with a person who has Down Syndrome. Fees (and membership) for some services. Has weekly and monthly support groups for new and expectant parents, as well as groups for parents of preschool age, grade school age, and high school age children, among others.

*Down Syndrome Association of Los Angeles*

Sandra Baker 818-786-0001  info@dsala.org  
Website: [www.dsala.org](http://www.dsala.org)  
16461 Sherman Way, Suite 180, Van Nuys, 91406
Non-profit organization that provides advocacy, educational seminars, family support, and public awareness about Down Syndrome. Sponsors a variety of parent support groups:

Amor y Fortaleza Los Angeles and Amor y Fortaleza San Fernando Valley – Support groups for Spanish-speaking parents of children with Down Syndrome – See page 17-18

Caregivers of Adults with Down Syndrome Online Support Network
818-786-0001 to register before participating.
Then the website is:
http://health.groups.yahoo.com/group/DSALAcaregiversofadults/
A yahoo group for to share concerns, get information, and find support

Downright Blessed
Contact Sandra Baker 818-786-0001 info@dsala.org
Meetings held monthly at St. Matthias High School, 7851 Gardendale St., Downey, 90242. Enter high school on Consuelo St.

Down Syndrome Parent Resource Network
Contact Sandra Baker 818-786-0001 info@dsala.org
Focus is on special education rights. Speakers and occasional social activities. Meetings held monthly at Cornerstone Speech and Language, 711 Mission St., Suite B, Pasadena, 91030.

East Los Angeles Parent Support Group
Claudia Cuevas  323-496-9769
See page 13.

San Fernando Valley Parent Support Group
Contact Sandra Baker 818-786-0001 info@dsala.org

Up for Down
Carol Anten 909-268-6344 or Patty Hynes 909-915-7119
For parents of children with Down Syndrome, ages 0 to 3. Meetings held monthly at Casa Colina Children’s Center, Building 10, 255 E. Bonita, Pomona, 91767.
Whittier Parent Support Group  
Contact Sandra Baker 818-786-0001  info@dsala.org

FUERZA (Familias Unidad En Respuestas al de Sindrome de Downs y Otras Alteraciones) – For Spanish-speaking parents of children with Down Syndrome, autism and other developmental disabilities see page 12

STEPS – Support Through Education and Parent Support
Karina Duran (310) 543-0691 ext. 4203
Patty Crook (310) 543-0637
Website: http://www.harborrc.org/content/?args=dG1wbD0zJmNpZD0xMzQ5JnNpZD01JmFpZD0w
For parents of a child with Down Syndrome from birth to 5 years who receives services from Harbor Regional Center. Guest speakers and developmental activities with children. Monthly meetings held at Harbor Regional Center, 21231 Hawthorne Blvd., Torrance 90503. Childcare for siblings is not available.

EPILEPSY
Epilepsy Foundation of Greater Los Angeles
Rebekkah Halliwell 800-564-0445 or 310-670-2870
rhalliwell@end-epilepsy.org
Website: http://www.end-epilepsy.org/
5777 W. Century Blvd., Suite 820, Los Angeles 90045
Non-profit organization that provides advocacy, research, education, and resources for people with epilepsy. “End Epilepsy” meetings held monthly that provide support and education. There is one group for adults, one for family and friends, and one for women – the groups all meet at the same time.

Siblings of Epilepsy Network
Rebekkah Halliwell or Audrey Sunu 800-564-0445 or 310-670-2870
rhalliwell@end-epilepsy.org or asunu@end-epilepsy.org
Website: http://www.end-epilepsy.org/
5777 W. Century Blvd., Suite 820, Los Angeles, 90045
Provides opportunities for mentorship, socialization and support for siblings who have a family member with chronic epilepsy. Also has a Facebook network.
FRAGILE X
Fragile X Association of Southern California
818-754-4227  info@fraxsocal.org
Website: http://www.fraxsocal.org
P.O. Box 6924, Burbank, 91510
Non-profit organization that provides information about Fragile X Syndrome, supports research, and has fundraising activities.

HEARING IMPAIRMENT
Greater Los Angeles Agency on Deafness (GLAD)
323-478-8000 (Voice/TTY)  info@gladinc.org
Website: http://www.gladinc.org/
2222 Laverna, Los Angeles, 90041
Provides signing and other services, advocacy, research, and dissemination of information regarding deafness to parents, professionals, and consumers. Has periodic educational and social gatherings. Call or email for details.

House Institute
(800) 388-8612  info@hei.org
(213) 483-4431 - Local
(213) 484-2642 – TDD
Website: http://www.hei.org/index.html
2100 W. 3rd Street, Los Angeles, 90057
Provides research, clinical services, and education about hearing loss. Holds occasional parent workshops. Call or email for information.

John Tracy Clinic
213-748-5481
Website: http://www.jtc.org/services/parent-education
806 W. Adams Blvd., Los Angeles, 90007
Diagnostic and educational center for young children with hearing loss. Has parent workshop for parents of pre-school aged children with hearing loss that is part educational on selected topics, and part support group. It is held every other week from September to May at John Tracy Clinic in L.A. and Long Beach locations. Interpreters available for non-English speakers. Call for details.
LEARNING DISABILITIES (see also ATTENTION DEFICIT DISORDER)

Los Angeles Learning Disabilities Association
626-355-0240 office@lalda.org
Website: http://lalda.org/
37 N. Auburn Ave., Suite 3, Sierra Madre, 91024
As the L.A. Chapter of the Learning Disabilities Association of California, this organization is dedicated to advocacy, empowerment, information and service to individuals with learning disabilities and their families. Provides various trainings and conferences about learning disabilities. Check website for details.

MENTAL ILLNESS

National Alliance on Mental Illness (NAMI) – Organization that provides education, support and advocacy to help families who have a relative with a mental illness. Several chapters:

Armenian Support Group of NAMI – see page 6-7. Also has a weekly English-speaking group at same location.

Los Angeles chapter:
Sharon Dunas 310-889-7210 ssdunas@namila.org
Website: http://namila.org/
Meetings held twice a month in Culver City, Santa Monica, and Westwood, including one in Spanish (see page 21). Check website for details.

San Fernando Valley chapter:
818-994-6747
Website: http://www.namisanfernandovalley.org/index.htm
Has a variety of support groups for family members and for people who are experiencing mental illness, in Van Nuys, Reseda, West Hills, and Santa Clarita, including some in Spanish (see page 18). Call or check website for meeting information.

South Bay chapter:
Paul Stansbury 310-892-8046 pstans5@aol.com
Website: http://www.namisouthbay.com/
Meetings held monthly at First Lutheran Church, 2900 Carson Ave., Torrance. Call or email about Spanish groups and peer-to-peer groups.

**Spanish-Speaking Family Support Group of NAMI** – see pages 18 and 21

**NADD**
800-331-5362 or 845-331-4336  info@thenadd.org  
Website: [http://thenadd.org/](http://thenadd.org/)  
132 Fair St., Kingston, NY 12401  
A national association for persons with both developmental disabilities and mental health needs. Provides information, resources and conferences about dual diagnosis and mental health care throughout the country.

**MUSCULAR DYSTROPHY**
**Muscular Dystrophy Association**
310-390-6802  losangeles@mdausa.org  
Website: [http://mda.org/](http://mda.org/)  
L. A. office of national organization that provides information and support, runs treatment clinics, and funds research into cures for muscular dystrophy and other neuromuscular disorders. Contact office for support group information. Also has Burbank and Long Beach locations.

**PRADER-WILLI**
**Prader-Willi California Foundation**
800-400-9994 or 310-372-5053  pwcf1@aol.com  
Website: [http://www.pwcf.org/pages/Body.htm](http://www.pwcf.org/pages/Body.htm)  
514 N. Prospect Ave., Suite 110-Lower Level, Redondo Beach, 90277  
Provides information, advocacy, and support to children and adults with Prader-Willi Syndrome and their families. Contact for support group information. Also has online information sharing for parents with children of various age groups, siblings, members of the military, and others. Check website.

**RETT SYNDROME**
**Rett Clinic at Children’s Hospital/USC University Center for Excellence**
Noreen Clarke Sheehan  323-361-3849
Website: http://www.chla.org/site/c.iplNKTOAJsG/b.5482587/
Interdisciplinary team that provides evaluation and consultation for children with Rett Syndrome from birth to age 21. Clinic operates twice a month at USC UCEDD at CHLA at 3250 Wilshire Blvd., Suite 500, Los Angeles, 90010. Medi-Cal and most insurance plans accepted.

**Southern California Chapter of the International Rett Syndrome Foundation**
Sherri Brady 562-619-0109  socalrett1@gmail.com
Website: http://www.socalrett.com/index.html
Organization which provides information and support for families with a child with Rett Syndrome. Has periodic events such as picnics and stroll-a-thons. Check website.

**SPINA BIFIDA**
*Spina Bifida Clinic at Los Angeles Orthopedic Hospital*
To schedule appointment: 213-741-8330
Website: http://www.orthohospital.org/specialties_spina_bifida.php
2400 S. Flower St., Los Angeles, 90007
Has a team of specialists to evaluate and treat individuals with spina bifida. Call for support group information

**TOURETTE SYNDROME**
*Tourette Syndrome Association – Southern California Chapter*
Information and Support Line  855-487-2762  jonah@tsa-socal.org
Website: http://www.tsa-socal.org/support-groups
Non-profit organization that provides advocacy, education, and support for people with Tourette Syndrome and their families. Has several support groups throughout L.A. County as follows. All groups are open to both people with Tourette Syndrome and parents.

**San Fernando Valley Support Group**
Group leader: Rebekka Hosken  rhosken@socal.rr.com
Meetings held every other month at Kaiser Permanente (Entrance 4, Classrooms 1 and 2 in Lower Level)  5601 De Soto Ave., Woodland Hills, 91367.

**Santa Clarita Support Group**
Group leader: Stacey Susser  whyiteach@yahoo.com
Meetings held monthly at Valencia Tutors, 19896 Soledad Canyon, Canyon Country, 91351.

**South Bay Support Group**
Group leader: JoNeen Ohlaker  bugs.buni@verizon.net
Meetings held monthly at Fred Hesse Park, 29301 Hawthorne Blvd., Rancho Palos Verdes, 90275, in the Fireside Room. Also runs a Facebook online parent support group. Email for details.

**West Los Angeles Support Group**
Group leader: Nancy Kramer  kramercsr@gmail.com
Meetings held monthly at Roxbury Park Community Center, Room 101, 471 S. Roxbury Dr., Beverly Hills, 90212.

**VISUAL IMPAIRMENT**

**Braille Institute**
323-663-1111  la@brailleinstitute.org
Website: [http://www.brailleinstitute.org/](http://www.brailleinstitute.org/)
741 N. Vermont Ave., Los Angeles, 90029
Organization that provides classes, information, Braille library, counseling, transcription services, and more for people with partial or complete sight loss. Check website or call/email for various classes and seminars.

**Center for the Partially Sighted**
info@low-vision.org
Website: [http://low-vision.org/](http://low-vision.org/)
Westside office: 310-398-1970
6101 W. Centinela Ave., Suite 150, Culver City, 90230
Or:
Valley office: 818-705-5954
18425 Burbank Blvd. #706, Tarzana, 91356
Provides optometric, rehabilitative, counseling, and other programs for people with partial sight. Has a variety of support groups in both offices. Call or email for details.
GROUPS FOR OTHER FAMILY MEMBERS – (Dads, Foster Parents, Grandparents, Siblings)

DADS
DaDa
Simon Lopez 323-687-8903
Website: http://www.lanterman.org/event_descriptions/dada_fathers_regional_support_network_23/
For fathers of children with special needs of all ages. Meetings held monthly at Denny’s Restaurant, 3060 N. San Fernando Rd, Los Angeles, 90065.

Dad Rocks (Dads Assisting Dads Raising Outstanding Cool Kids)
Elena Sanchez – 626-919-1091 elena.sanchez@parentsplacefrc.com
Website: www.parentsplacefrc.com
For fathers of children with developmental disabilities in the San Gabriel/Pomona area. Conducted in English and Spanish. See page 19.

Project Fatherhood (of H.S. Lifeskills Program)
Monica Williams 323-292-4193
Support group for developmentally disabled fathers and/or fathers of developmentally disabled children. Call for meeting details.

FOSTER PARENTS
National Foster Parents Association
800-557-5238 info@NFPAonline.org
Website: http://www.nfpainc.org/
National organization that provides education and resources to promote and assist foster parenting.

GRANDPARENTS
Grandparents as Parents
818-264-0880 info@grandparentsasparents.org
Website: www.grandparentsasparents.org
Provides advocacy, outreach, and support to relative caregivers in L.A. County, including grandparents, aunts, uncles, siblings or close friends stepping up to care for children when their biological parents cannot. Has
over 15 weekly support groups in all parts of L.A. County. Call or check website for days and times of a group near you.

SIBLINGS

Adult Sibling Support Group
Kent Yamashiro 310-543-0587  kent.yamashiro@harborrc.org
Website: http://www.harborrc.org/content/?args=dG1wbD0zJmNpZD02OTEmc2lkPTUmYWlkPTA=
For adult siblings of Harbor Regional Center clients to discuss caregiving, estate planning, managing stress, etc. Meetings held monthly at Harbor Regional Center Family Resource Center, 21231 Hawthorne Blvd., Torrance, 90503.

Sibling Club
310-543-0691
Website: resource.center@harborrc.org
For children ages 7 to 16 who are siblings of clients of Harbor Regional Center

Sibling Saturdays (of Pasadena Child Development Associates)
Katie Schinnerer 626-793-7350 ext 257 katie@pasadenachilddevelopment.org
Website: http://www.pasadenachilddevelopment.org/services/SiblingSupportGroup.htm
For brothers and sisters, age 6 to 12 of children with developmental disabilities. A chance to meet other siblings and have some fun. Meetings held weekly at Pasadena Child Development Associates, 620 N. Lake Ave, Pasadena, 91101. Cost is $5 per meeting.

Sibshops – Westside Sibling Support Group
Danny Delgadillo 310-258-4063  dannyd@westsiderc.org
Website: http://www.wfrec.org/index.php?option=com_content&view=article&id=51&Itemid=30&lang=en#WestsideFamilyResource&EmpowermentCenter
For siblings of children with special needs to share, play, and learn with others. Meetings held monthly (October to June) at Westside Family Resource and Empowerment Center, 5901 Green Valley Circle #320, Culver City, 90230.
OTHER SUPPORT GROUPS (General, Early Start, Special Education, Transition, Bereavement)

GENERAL
* Couples Support Group (of Eastern Los Angeles Regional Center Family Resource Library)*
Yvette Baptiste – 626-300-9171 ext. 100  ybaptiste@elafrc.net
For couples raising a child with developmental disabilities or special needs. Call or email for details.

* National Organization of Rare Disorders (NORD)*
800-999-6673 or 203-744-0100  orphan@rarediseases.org
Website: http://www.rarediseases.org/
Non-profit national organization that provides education, advocacy, research, and referrals for services in the identification, treatment and cure of rare diseases. NORD itself does not make diagnoses or provide clinical services.

*REACH*
Valentina Allen 626-919-1091
Website: www.parentsplacefrc.com
Support group for parents of San Gabriel Pomona Regional Center clients. Meetings held monthly at Parents’ Place, 1500 S. Hyacinth Ave., Suite B, West Covina, 91791.

*South Pasadena Parents of Children with Special Needs Support Group* – (Sponsored by South Pasadena Council PTA)
Kim Lesak  kimslesak@aol.com
Support group for parents to talk about the unique challenges, frustrations, and rewards of raising a child with special needs. Sharing information about doctors, specialists, tutors, programs, and camps. Meetings held monthly during the school year at a private home. Email for details.

*Team of Advocates for Special Kids (TASK)* – see page 12-13
866-828-8275 (toll free) or 714-533-8275  task@taskca.org
Website: www.taskca.org

*Westside Parent Share Group*
TiaMarie Smith 310-902-5046
Website:  
http://www.wfrec.org/index.php?option=com_content&view=article&id=51&Itemid=30&lang=en#WestsideFamilyResource&EmpowermentCenter
For parents of babies, toddlers and school-aged children who receive services from Westside Regional Center. Meetings held monthly at Westside Family Resource and Empowerment Center, 5901 Green Valley Circle, Suite 320, Culver City 90230.

**EARLY START**  
*Early Start Caregiver/Parent Support Group*  
Crystal Smith 213-743-3206  crystals@sclarc.org  
Website:  http://www.sclarc.org/support-groups.php
For parents and caregivers of South Central Los Angeles Regional Center children from birth to age 3 in the Early Start program. Meetings held monthly at South Central Los Angeles Regional Center, 650 W. Adams, Los Angeles, 90007.

**Grupo de Apoyo Familiar/Un Comienzo Temprano en el Area del sureste** – Early Start (birth to 3) Spanish-speaking parent group held in the southeast area (Norwalk) - see page 14

**Grupo de Apoyo para Familias de Intervencion Temprana** – For Lanterman Regional Center Spanish-speaking parents of children from birth to age 5 – see page 16-17

**Grupo de Apoyo y Educación para Padres y Cuidadores de Intervención Temprana**- For Spanish-speaking parents of South Central L.A. Regional Center children birth to age 3 in the Early Start program – see page 20

**Medically Fragile (birth to 3) Support Group**  
Michelle Sepulveda 626-300-9171 ext 108  msepulveda@elafrc.net  
For parents of children with special health care needs. Meetings held quarterly at Eastern Los Angeles Regional Center Family Resource Library Family Room, 1000 S. Fremont Ave., Alhambra, 91802. Call or email for details.

**Realizando Nuestros Suenos/Realizing Your Dreams** – For parents of children from birth to 5 years who have or are at risk of a developmental disability. Conducted in Spanish and English (in Harbor City). See page 15.
**STEPS – Support Through Education and Parent Support** – For parents of a child with Down Syndrome from birth to 5 years who receive services from Harbor Regional Center. See page 31.

**Up for Down** – For parents of children with Down Syndrome, ages 0 to 3. See page 30.


**SPECIAL EDUCATION**

**Down Syndrome Parent Resource Network** – Focus is on special education rights – See page 30.

**Grupo Bilingüe de Apoyo y Educación para Padres** - Bilingual English/Spanish Parent Support and Education Group for parents of clients of South Central Los Angeles Regional Center – See page 19-20.

**Informed Education Partners – IEP Support Group**
Barbara Marbach 310-258-4063 or 310-258-4024
Website: http://www.wfrec.org/index.php?option=com_content&view=article&id=51&Itemid=30#WestsideFamilyResource&EmpowermentCenter
Helps parents with their child’s IEP and special education rights. Meetings held monthly at Westside Family Resource and Empowerment Center, 5901 Green Valley Circle, Suite 320, Culver City, 90230. Childcare provided.

**K.E.N. Project (Kids with Exceptional Needs) Parent Support Group**
Dina Kaplan 818-222-8118 specialkidslaw@gmail.com
Terri Lantz 818-788-2211 ext 582 tlantz@ucpla.org
Website: www.kenproject.com
For parents of children with any disability from birth to age 22. Focus is on special education rights, but other topics may be discussed as well. Meetings held monthly during the school year at United Cerebral Palsy Corporate offices, 6430 Independence Ave., Woodland Hills, 91367. Call or email for times.

**Team of Advocates for Special Kids (TASK)**
866-828-8275 (toll free) or 714-533-8275 task@taskca.org
Website: http://www.taskca.org
Provides a wide variety of trainings and workshops on basic rights, special education rights, and more throughout Los Angeles and Orange Counties. Trainings available in English or Spanish. See page 12-13.

**Westside Tigers** Spanish-speaking IEP support group – See page 22.

**TRANSITION TO ADULTHOOD**

**Center for Advanced Transition Skills (CATS)**

Yvette Baptiste – 626-300-9171 ext. 100  vbaptiste@elafrc.net

Support for parents of adolescents who are transitioning into adult life. Meetings held monthly at Eastern Los Angeles Regional Center Family Resource Library Family Room, 1000 S. Fremont, Alhambra, 91802. Call or email for details.

**The Help Group – Transitioning Teens and Young Adults Parent to Parent Group** – See page 28.

**BEREAVEMENT**

**Bereavement Support Groups**

Lori – 818-885-8500 ext 4560

Website: [http://www.northridgehospital.org/Who_We_Are/Community_Programs/184723](http://www.northridgehospital.org/Who_We_Are/Community_Programs/184723)

Workshops and support on dealing with grief and loss for anyone in the community. Meetings held at Northridge Hospital, 18300 Roscoe Blvd., Northridge, 91328. Call or check website for days and times.

**Compassionate Friends** – Grief support after the death of a child

National website: [http://www.compassionatefriends.org/home.aspx](http://www.compassionatefriends.org/home.aspx)

Six chapters in Los Angeles Area:

- Glendale: 818-236-3635 (English) 323-347-9469 (Spanish)
  TCFVerdugoHills@gmail.com
- See page 16.

  **Lancaster:** 661-839-2849  ouravangels@yahoo.com
  Meetings held monthly at Willows Apartment Clubhouse, 1608 W. Ave. K 8, Lancaster, 93534.

  **Los Angeles/Beverly Hills:** 310-474-3407
  Meetings held monthly at Temple Emanuel, 8844 Burton Way, Beverly Hills, 90211. Spanish also available.
San Fernando Valley: 888-272-5708  
compassionatefriendssfv@gmail.com  
Meetings held monthly at Kaiser Hospital (Entrance 5), 5601 De Soto Ave., Woodland Hills, 91367.

Santa Clarita/Saugus 661-252-4654 or 661-373-5070  
tdrenolds@sbcglobal.net  
Meetings held monthly at Christian Fellowship Church, 26889 Bouquet Canyon Rd (Suite C), Santa Clarita, 91350.

South Bay: 310-963-4646 info@tcfsbla.org  
Meetings held monthly at Neighborhood Church, 415 Paseo Del Mar, Palos Verdes Estates 90274. Also meets weekly at Mimi’s Café, 25343 Crenshaw Blvd., Torrance, 90505.

Early Loss Support Group  
818-609-2280  
Website: https://california.providence.org/tarzana/Pages/Support-Groups.aspx  
A six-week free support group for people dealing with stillborn or newborn loss, miscarriage, or medical termination of pregnancy. Meetings held at Tarzana Medical Center, 18321 Clark St., Tarzana, 91356.

Griefshare  
800-395-5755 info@griefshare.org  
Website: http://www.griefshare.org/about Click on ‘Find a Group’  
International organization with bereavement support groups all over Los Angeles (most locations are churches). Groups include videos with experts, support and sharing, and journaling.

Hathaway-Sycamores Center for Grief and Loss for Children  
Joan Cochran 866-744-7433 or 818-281-1503 (English – see page 12)  
Martha Castillo 213-792-6069 (Spanish – see page 12)  
Website: http://www.hathaway-sycamores.org/programs/the-center-for-grief-and-loss-for-children/

Our House  
310-473-1511  
Website: http://www.ourhouse-grief.org/
1663 Sawtelle Blvd., Suite 300, Los Angeles, 90025
OR
818-222-3344
21860 Burbank Blvd., Suite 195, Woodland Hills, 91367
Provides grief support, education, and resources for children, teens, and adults who have lost someone close to them. Groups for children and adults are specific to the age of the griever and the relationship to the person who died. Call for details.

**Perinatal Loss Support Group**
Sharon Yagerlener 562-933-1454  syagerlener@memorialcare.org
Website: [http://www.memorialcare.org/classes/class-details.cfm?id=305](http://www.memorialcare.org/classes/class-details.cfm?id=305)
For parents who have had a child who died at birth or shortly thereafter. Meetings held twice a month at Long Beach Memorial Medical Center, Radiation/Oncology conference room, 2801 Atlantic Ave, Long Beach 90806
FAMILY RESOURCE CENTERS

Housed in each regional center area, the Family Resource Centers (FRC’s) provide parent-to-parent support, information libraries, referrals to community resources, and advocacy assistance. Some serve parents of children from birth to age 3 only, and some serve all ages. They also serve families of children at risk for developmental disabilities, focusing on prevention. Some FRC’s have specialists in assistive technology. Most provide a variety of parent support groups. Call, email, or check their websites for more details.

**Eastern Los Angeles Regional Center area:**

*Family Resource Library*

626-300-9171  ybaptiste@elafrc.net  
Website: www.easternlafrc.org  
1000 S. Fremont Ave., Suite 6050, Unit 35, Alhambra, 91803

**Harbor Regional Center area:**

*Carolyn Kordich Family Resource Center*

310-325-7288  ckfrc@sbcglobal.net  
1135 W. 257th St., Harbor City, 90710

*Harbor Regional Center Family Resource Center*

310-543-0691  resource.center@harborrc.org  
Website: www.harborrc.org  
21231 Hawthorne Blvd., Torrance, 90503

**Long Beach Family Resource Center**

562-933-8050  
Miller Memorial Hospital, 2801 Atlantic Ave., Long Beach, 90806

**Southeast Family Resource Center**

562-461-2986  sofrcbaby@msn.com  
Website: http://www.southeastfrc.org/default.asp  
15415 S. Pioneer Blvd., Norwalk, 90650

**Lanterman Regional Center area:**

*Koch-Young Family Resource Center*

800-546-3676 or 213-252-5600  kyrc@lanterman.org  
Website: www.lanterman.org
3303 Wilshire Blvd., Suite 700, Los Angeles, 90010

**North Los Angeles County Regional Center area:**
*Family Focus Resource Center (Main office)*
818-677-5575  family.focus@csun.edu
Website: [http://familyfocusresourcecenter.org/](http://familyfocusresourcecenter.org/)
18111 Nordhoff St., Room E-109, Northridge, 91330

*Family Focus Resource Center (Antelope Valley)*
661-945-9598  family.focus.av@csun.edu
43210 Gingham Ave, Lancaster, 93535

*Family Focus Resource Center (Santa Clarita Valley)*
661-294-9715  family.focus.scv@csun.edu
28470 Avenue Stanford, Suite 105, Santa Clarita, 91355

**San Gabriel Pomona Regional Center area:**
*Parents’ Place Family Resource Center*
626-919-1091  empower@parentsplacefrc.com
Website: [www.parentsplacefrc.com](http://www.parentsplacefrc.com)
1500 S. Hyacinth Ave., Suite B, West Covina, 91791

**South Central Los Angeles Regional Center area:**
*Family Resource Center*
213-744-8882  maurag@sclarc.org
Website: [www.sclarc.org](http://www.sclarc.org)
650 W. Adams Blvd., Second Floor, Los Angeles, 90007

**Westside Regional Center area:**
*Family Resource and Empowerment Center*
310-258-4063
Website: [www.wfrec.org](http://www.wfrec.org)
5901 Green Valley Circle, Suite 320, Culver City, 90230