



# North Los Angeles County Regional Center

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## Support Groups

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### FAMILY FOCUS RESOURCE CENTER (FFRC)

The following FFRC support groups are currently being conducted via Zoom. You can participate by computer, tablet, or phone. See FFRC's website [calendar](#) for more information.

Group	Meeting dates/times	Contact
<b>Santa Clarita Parent Chat</b>	Every Tuesday, 3-4pm	Contact Kathleen Secchi at <a href="mailto:Kathleen.secchi@csun.edu">Kathleen.secchi@csun.edu</a> for more information.
<b>San Fernando Valley Chit Chat</b>	Every Wednesday, 3-4pm	Hosted by Theresa Quarry. Contact her at <a href="mailto:theresa.quary@csun.edu">theresa.quary@csun.edu</a> for details.
<b>Grupo de Apoyo para Padres de SFV</b>	2 <sup>nd</sup> Friday of each month, 10-11:30am	Para más información llame al (818) 677-6854 o <a href="mailto:rebeca.diaz@csun.edu">rebeca.diaz@csun.edu</a> .
<b>Grupo de Apoyo para Padres de SCV y AV</b>	2 <sup>nd</sup> Monday of each month, 5-6pm	Envíe un correo electrónico a <a href="mailto:Josefina.RomodeSharp@csun.edu">Josefina.RomodeSharp@csun.edu</a> or <a href="mailto:Mayra.Lara@csun.edu">Mayra.Lara@csun.edu</a> .
<b>Filipino Support Group</b>	3 <sup>rd</sup> Monday of each month, 6:30-8pm	Contact Theresa Quarry at <a href="mailto:theresa.quary@csun.edu">theresa.quary@csun.edu</a> for information.
<b>Parents of Adult Consumers</b>	4 <sup>th</sup> Wednesday of each month, 6:30-8:30pm	Contact Victoria Berrey at <a href="mailto:victoria.berrey@csun.edu">victoria.berrey@csun.edu</a> for information.
<b>Cultivar y Crecer Grupo de Apoyo</b>	4 <sup>th</sup> Friday of each month, 6:30-9pm	Nos reuniremos via Zoom, para más información contactenos al 818-374-9107 o <a href="mailto:maria.castaneda@csun.edu">maria.castaneda@csun.edu</a> .

<b>Black &amp; African American Family Focus Support Group</b>	1 <sup>st</sup> Wednesday of each month, 6:30-8pm	For more information please contact: <a href="mailto:Theresa.quary@csun.edu">Theresa.quary@csun.edu</a>
<b>Un Tecito con Alegria (A cup of tea &amp; happiness)</b>	Spanish speaking support group for parents and families with special needs. 3 <sup>rd</sup> Monday of each month, 4-5pm	To register call Fatima at 818-564-7864 or email <a href="mailto:maria.castaneda@csun.edu">maria.castaneda@csun.edu</a>

### OTHER SUPPORT GROUPS MEETING VIRTUALLY

<b>iUnete a la conversación! (Join the conversation!)</b>	2 <sup>nd</sup> & 4 <sup>th</sup> jueves de cada mes comenzando julio 2020 6:30pm a 8pm	<a href="http://www.supportgroupscentral.com/mss">www.supportgroupscentral.com/mss</a> Lia Cervantes: <a href="mailto:lcervantes@modernsupportservices.org">lcervantes@modernsupportservices.org</a>
<b><i>Come and Chat! Armenian Support Group</i></b>	Support and educational resources for families of developmentally disabled Armenian: 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month starting July 2020	<a href="http://www.supportgroupscentral.com/mss">www.supportgroupscentral.com/mss</a> Lia Cervantes: <a href="mailto:lcervantes@modernsupportservices.org">lcervantes@modernsupportservices.org</a>
<b>Epilepsy Support Group (Antelope Valley group)</b>	Find support, connect with others, access services Meets 2 <sup>nd</sup> Thursday of the month	Register: EpilepsyEvents.org 800-564-0445 or 310-670-2870 Email: <a href="mailto:help@EndEpilepsy.org">help@EndEpilepsy.org</a>
<b>TASK</b>	Parent to parent support and connection group. Open to all parents of children with developmental disabilities. Last Tuesday of each month 10-11am	Register: <a href="https://taskca.org/evrplus_registration/?action=evrplusegister&amp;event_id=624">https://taskca.org/evrplus_registration/?action=evrplusegister&amp;event_id=624</a> Email: <a href="mailto:task@taskca.org">task@taskca.org</a>
<b>California Parent &amp; Youth Helpline (support group in response to Coronavirus)</b>	FREE trauma-informed, evidenced-based emotional support to Parents, Children and Youth <u>in any language</u> . 7 days a week 8:00AM-:800PM	Call, text, or chat : 1-855-427-2736 Email: <a href="https://caparentyouthhelpline.org/">https://caparentyouthhelpline.org/</a>

## SAN FERNANDO VALLEY GROUPS

Group	Purpose	Information & Contact
<b>Alzheimer's Association</b> California Southland Chapter	For family caregivers of Down syndrome individuals affected by Alzheimer's disease	Meets 1 <sup>st</sup> Thursday of the month 6:30-8:00pm. For more information contact Sharon Trocki-Miller at (818) 842-9602.
<b>Center for Autism and Related Disorders, Inc.</b>	Support group for families of children and teens with Autism Spectrum Disorders.	For more information contact Kelly Soulies at (818) 345-2345 x323. Email: <a href="mailto:k.soulies@centerforautism.com">k.soulies@centerforautism.com</a>
<b>Down Syndrome Association of Los Angeles</b>	For parents of children with Down syndrome.	For more information call (818) 786-0001. <a href="http://www.dsala.org">www.dsala.org</a> .
<b>NAMI</b> <b>National Alliance on Mental Illness of</b> <b>San Fernando Valley</b>	Provides free education, support and advocacy to anyone impacted by mental illness.	For more information call (818) 994-6747. Email: <a href="mailto:mail@namisfv.org">mail@namisfv.org</a> or visit <a href="http://www.namisfv.org">www.namisfv.org</a> .
<b>Self-Advocacy Group</b>	Social support group run by and for adults with developmental disabilities.	Meets 3 <sup>rd</sup> Tuesday of the month 10:45am-12pm at NLACRC, Van Nuys. Contact: Jose at (818) 756-6289.
<b>Parent Support Group</b>	Support for parents who are experiencing challenging behaviors with their children/teens.	Meetings held Monday at CARE, Inc. 15315 Magnolia Blvd., Suite 306, Sherman Oaks. From 6:00-7:30pm For more information call 1-888-353-8285 or visit <a href="http://www.careautism.org">www.careautism.org</a>
<b>Parent Support Group for Families of Children with Autism</b>	This group is facilitated by a parent advocate and a parent attorney who are both parents of children with special needs.	Meetings held at United Cerebral Palsy, Woodland Hills. For more information call (818) 343-2227 or visit <a href="http://www.kenproject.com">www.kenproject.com</a> .
<b>San Fernando Valley Self-Help Group (Epilepsy)</b>	Information & referral, self-help groups, educational outreach, parent phone number network, conferences, seizure and first aid training.	For more information call (310) 670-2870. LA Valley College - Cafeteria Conf. Room 5800 Fulton Ave., Van Nuys

		First and third Friday of the month, 7:00-9:00pm. <a href="http://www.epilepsy-socalif.org">www.epilepsy-socalif.org</a>
<b>Teen Support Group (Ages 12-18)</b>	Support for teens experiencing anxiety, stress, challenges or confusion.	Meetings held Monday at CARE, Inc. 15315 Magnolia Blvd., Suite 306, Sherman Oaks. From 6:00-7:00pm. For more information call 1-888-353-8285 or visit <a href="http://www.careautism.org">www.careautism.org</a>
<b>OUR HOUSE Grief Support Center</b>	Provides grief support and education to children, teens and adults.	For more information call (818) 222-3344. Email: <a href="mailto:ourhouse@ourhouse-grief.org">ourhouse@ourhouse-grief.org</a> or visit <a href="http://www.ourhouse-grief.org">www.ourhouse-grief.org</a>

### **ANTELOPE VALLEY GROUPS**

<b>Group</b>	<b>Purpose</b>	<b>Information &amp; Contact</b>
<b>Special Parents Network Meetings</b>	A group for networking with other local parents that have children with special needs	Meets 1 <sup>st</sup> Wednesday at 9:30am and 3 <sup>rd</sup> Wednesday at 5:30pm at Quality Behavior Services Office, 1212 W. Avenue J, Suite 200, Lancaster. Child care offered. RSVP at (661) 945-9598.
<b>AV Seed and Grow Support Group</b>	For Spanish speaking families in the Antelope Valley of children with special needs.	Meets 2 <sup>nd</sup> Friday at 9:30am and 4 <sup>th</sup> Wednesday at 5:00pm every month. For more information call (661) 945-9598.

### **SANTA CLARITA VALLEY GROUPS**

<b>Group</b>	<b>Purpose</b>	<b>Information &amp; Contact</b>
<b>Santa Clarita Valley Support Group (Autism)</b>	Autism Support group for parents	Meets on the 3 <sup>rd</sup> Wednesday of each month at 9:00am at NLACRC, 25360 Magic Mountain Parkway, Suite 150,

		Santa Clarita. For more information call (661) 775-8450. <a href="http://www.santaclaritaautism.org">www.santaclaritaautism.org</a>
<b>Bridges to Ability</b>	Provides social, recreational, vocational and educational programs for teens and adults, 16 years and older, with developmental disabilities.	For more information contact Dave Chase at (661) 702-8555 or Email: <a href="mailto:info@bridgestoability.org">info@bridgestoability.org</a>
<b>Down Syndrome Support Group</b>	Parents share resources, inspire each other, provide important feedback and more.	Meets 1 <sup>st</sup> Saturday of the month at Christ Lutheran Church in Valencia. For more information call Kathleen Secchi (661) 294-9715.
<b>NAMI National Alliance on Mental Illness of San Fernando</b>	Provides free education, support and advocacy to anyone impacted by mental illness.	For more information call (818) 994-6747. Email: <a href="mailto:mail@namisfv.org">mail@namisfv.org</a> or visit <a href="http://www.namisfv.org">www.namisfv.org</a>
<b>Spanish Down Syndrome Support Group</b>	Parents share resources, inspire each other, provide important feedback and more.	Meets 1 <sup>st</sup> Saturday of the month at Christ Lutheran Church in Valencia. For more information call Carmen Diaz (661) 294-9715.
<b>OTHER GROUPS &amp; RESOURCES</b>		
<b>Group</b>	<b>Purpose</b>	<b>Information &amp; Contact</b>
<b>AAOP Armenian Autism Outreach Project</b>	Support and information for families and individuals affected by Autism Spectrum Disorder.	For more information call (818) 542-AAOP(2267). <a href="http://www.armenianautismoutreach.org">www.armenianautismoutreach.org</a>
<b>Autism Society of Los Angeles</b>	Support and information for families and individuals affected by Autism Spectrum Disorder and Asperger Syndrome.	For more information call (562) 804-5556. <a href="http://www.autismla.org">www.autismla.org</a>
<b>Chinatown Service Center</b>	Provides health and human services in English and a variety of Chinese dialects: Cantonese, Mandarin, Toisan, Chiu Chow, Vietnamese, Khmer (Cambodian).	For more information call (213) 808-1700. <a href="http://www.cscla.org">www.cscla.org</a>

<b>Dyslexia Association Los Angeles</b>	Information & referral, self-help groups, educational outreach support and information.	Meets 2 <sup>nd</sup> Saturday of the month 10:00am-12:00pm at Providence Tarzana Medical Center. For more information call (818) 506-8866 or visit <a href="http://www.dyslexiala.org">www.dyslexiala.org</a> .
<b>Fragile X Association of Southern Calif.</b>	Parent groups offering information & referral, peer support groups.	For more information call (818) 754-4227. <a href="http://www.fraxsocal.org">www.fraxsocal.org</a>
<b>GLAD Greater Los Angeles Agency on Deafness, Inc.</b>	Provides support to help advance the life of deaf and hard of hearing individuals by empowering them with information, training and opportunities.	For more information call (323) 478-8000 or visit <a href="http://www.gladinc.org">www.gladinc.org</a> .
<b>HAMERCAZ</b>	A one-stop resource connecting you to information & referrals, social & support programs, professional collaboration.	For more information call 1-866-287-8030. Email: <a href="mailto:Hamercaz@jfsla.org">Hamercaz@jfsla.org</a> or visit <a href="http://www.Hamercaz.org">www.Hamercaz.org</a>
<b>H.E.L.P Group</b>	Provides counseling to children 2-21 years with Medi-cal or Healthy Family Insurance.	For more information call (818) 781-0360.
<b>Japanese Speaking Parent Association</b>	Assists parents and families of children with special needs in the Japanese-speaking community.	For more information call Michiko Wilkins 818-557-0728 or visit <a href="http://www.jspacc.org">www.jspacc.org</a>
<b>JTC John Tracy Clinic</b>	Multidisciplinary, parent – centered programs and services for children who are deaf or hard of hearing ages birth to five.	For more information call (213) 748-5481 or visit <a href="http://www.jtc.org">www.jtc.org</a> .
<b>Los Angeles Asperger's Syndrome Parent Group</b>	For parents of children with Asperger's Syndrome.	For more information call Fran Goldfarb or Jim Devine at (310) 543-5064. Meets the 2 <sup>nd</sup> Wednesday of every month, 7:00-9:00pm at Julia Ann Singer Center At Vista Del Mar, 3200 Motor Ave. West Los Angeles <a href="http://myweb.lmu.edu/jdevine/as">http://myweb.lmu.edu/jdevine/as</a>

<p align="center"><b>OTB</b> <b>Outside the Box</b></p>	<p>Developmental &amp; educational program for children ages 3-6.</p>	<p>For more information call (818) 348-Play(7529). Email: <a href="mailto:registration@otbee.com">registration@otbee.com</a></p>
<p><b>Team of Advocates for Special Kids (T.A.S.K.)</b></p>	<p>Assistance and support for parents seeking educational, medical or therapeutic support services for their children up to age 22.</p>	<p>For more information call (714) 533-TASK (8275). <a href="http://www.task.org">www.task.org</a></p>

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