



NORTH LOS ANGELES COUNTY REGIONAL CENTER

9200 Oakdale Avenue, Suite 100, Chatsworth, CA, 91311, (818) 778-1900
 25360 Magic Mountain Parkway, Suite 150, Santa Clarita, 91355, (661) 775-8450
 43210 Gingham Avenue, Lancaster, CA 93535, (661) 945-6761

Support Groups

Please note that this list is for information only and NLACRC does not endorse any of the groups or agencies listed below.

SAN FERNANDO VALLEY GROUPS

Group	Purpose	Contact
Alzheimer's Association California Southland Chapter	For family caregivers of Down syndrome individuals affected by Alzheimer's disease	Meets 1 st Thursday of the month 6:30-8:00pm. For more information contact Sharon Trocki-Miller at (818) 842-9602.
Cultivar Y Crecer Parent Support Group	A group of Spanish speaking parents of NLACRC consumers.	Meetings are held once a month at NLACRC's San Fernando Valley office. For more information, please call Fatima Castaneda at (818) 374-9107.
Center for Autism and Related Disorders, Inc.	Support group for families of children and teens with Autism Spectrum Disorders.	For more information contact Kelly Soulies at (818) 345-2345 x323. E-mail:k.soulies@centerforautism.com
Down Syndrome Association of Los Angeles	For parents of children with Down syndrome.	For more information call (818) 786-0001. www.dsala.org .
Filipino Support Group	A group for Filipino family members of NLACRC consumers.	Meetings are held once a month at NLACRC's San Fernando Valley office. Contact: Theresa at (818) 374-9107.
NAMI National Alliance on Mental Illness Of San Fernando Valley	Provides free education, support and advocacy to anyone impacted by mental illness.	For more information call (818) 994-6747. E-mail:mail@namisfv.org or visit www.namisfv.org .
Self-Advocacy Group	Social support group run by and for adults with developmental disabilities.	Meets 3 rd Tuesday of the month 10:45am-12pm at NLACRC, Van Nuys. Contact: Jose at (818) 756-6289.
PAC Parents of Adult Consumers	Support group for parents and caregivers of Adult NLACRC consumers	Meets 4 th Wednesday of the month 6:30-8:30pm at NLACRC's San Fernando Valley office. For more information call (818) 677-7063. E-mail: family.focus@csun.edu
Parent Support Group	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 www.careautism.org

Parent Support Group for Families of Children with Autism	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 www.kenproject.com .
San Fernando Valley Self-Help Group (Epilepsy)	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. 5800 Fulton Ave., Van Nuys First and third Friday of the month, 7:00-9:00pm. www.epilepsy-socalif.org
Teen Support Group (Ages 12-18)	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 www.careautism.org
OUR HOUSE Grief Support Center	Provides grief support and education to children, teens and adults.	For more information call (818) 222-3344. E-mail: ourhouse@ourhouse-grief.org or visit www.ourhouse-grief.org

ANTELOPE VALLEY GROUPS

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

SANTA CLARITA VALLEY GROUPS

Group	Purpose	Contact
Santa Clarita Valley Support Group (Autism)	Autism Support group for parents	Meets on the 3 rd Wednesday of each month at 9:00am at NLACRC, 25360 Magic Mountain Parkway, Suite 150, Santa Clarita. For more information call (661) 775-8450. www.santaclaritaautism.org
Bridges to Ability	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 E-mail: info@bridgestoability.org .
Down Syndrome Support Group	Parents share resources, inspire each other, provide important feedback and more.	Meets 1 st Saturday of the month at Christ Lutheran Church in Valencia. For more information call Kathleen Secchi (661) 294-9715.

NAMI National Alliance on Mental Illness Of San Fernando	Provides free education, support and advocacy to anyone impacted by mental illness.	For more information call (818) 994-6747. E-mail: mail@namisfv.org or visit www.namisfv.org
Spanish Down Syndrome Support Group	Parents share resources, inspire each other, provide important feedback and more.	Meets 1 st Saturday of the month at Christ Lutheran Church in Valencia. For more information call Carmen Diaz (661) 294-9715.

OTHER GROUPS & RESOURCES

Group	Purpose	Contact
AAOP Armenian Autism Outreach Project	Support and information for families and individuals affected by Autism Spectrum Disorder.	For more information call (818) 542-AAOP(2267). www.armenianautismoutreach.org
Autism Society of Los Angeles	Support and information for families and individuals affected by Autism Spectrum Disorder and Asperger Syndrome.	For more information call (562) 804-5556. www.autismla.org
Chinatown Service Center	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. www.cscla.org
Dyslexia Association Los Angeles	Information & referral, self-help groups, educational outreach support and information.	Meets 2 nd Saturday of the month 10:00am-12:00pm at Providence Tarzana Medical Center. For more information call (818) 506-8866 or visit www.dyslexiala.org .
Fragile X Association of So Calif.	Parent groups offering information & referral, peer support groups.	For more information call (818) 754-4227. www.fraxsocal.org
GLAD Greater Los Angeles Agency on Deafness, inc.	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 www.gladinc.org .
HAMERCAZ	A one-stop resource connecting you to information & referrals, social & support programs, professional collaboration.	For more information call 1-866-287-8030. e-mail: Hamercaz@jfsla.org or visit www.Hamercarz.org
H.E.L.P Group	Provides counseling to children 2-21 years with Medi-cal or Healthy Family Insurance.	For more information call (818) 781-0360.
Japanese Speaking Parent Association	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 www.jspacc.org
JTC John Tracy clinic	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 www.jtc.org .

<p>Los Angeles Asperger's Syndrome Parent Group</p>	<p>For parents of children with Asperger's Syndrome.</p>	<p>For more information call Fran Goldfarb or Jim Devine at (310) 543-5064. Meets the 2nd Wednesday of every month, 7:00-9:00pm at Julia Ann Singer Center At Vista Del Mar, 3200 Motor Ave. West Los Angeles http://myweb.lmu.edu/jdevine/as</p>
<p>OTB outside the box</p>	<p>Developmental & educational program for children ages 3-6.</p>	<p>For more information call (818) 348-Play(7529). E-mail: registration@otbee.com</p>
<p>Team of Advocates for Special Kids (T.A.S.K.)</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). www.task.org</p>

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