



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 or in-person. See FFRC's website [calendar](#) to verify dates/times or for more information.

Group	Meeting dates	Contact
Santa Clarita Parent to Parent Chat (In-Person, English)	3rd Wednesday of the month 10:00am-11:00am	Lesny Duarte lesny.duarte@csun.edu (661) 294-9715
Parent Check-in & Chat (Zoom, English)	3rd Thursday of the month 12:30pm-13:30pm (September only- 9/14)	Diana Chulak diana.chulak@csun.edu
Parents of Adult Consumers (Zoom, English)	3rd Wednesday of the month 6:30pm	Victoria Berrey victoria.berrey@csun.edu
Filipino Support Group (Zoom, English)	3rd Monday of the month 6:30pm-8:00pm (October- No meeting) (December only - 12/4)	Theresa Quary theresa.quary@csun.edu
Black & African America Family Focus Support Group (Zoom, English)	1st Wednesday of the month 6:30pm	Theresa Quary theresa.quary@csun.edu
AV Family Focus Grupo de Apoyo (Zoom, Spanish)	Primero Jueves del mes 12:00pm-1:00pm	Lorena Salgado lorena.salgado@csun.edu (661) 945-9598
El Poder del Amor y la Paciencia (In-Person, Spanish)	Segundo Viernes del mes 9:30am-11:00am	Rebeca Diaz rebeca.diaz@csun.edu (818) 677-6854
El Poder del Amor y la Paciencia (Zoom, Spanish)	Cuarto Viernes del mes 10:00am-11:00am	Rebeca Diaz rebeca.diaz@csun.edu (818) 677-6854
Cultivar y Crecer Grupo de Apoyo (Zoom, Spanish)	Cuarto Viernes del mes 6:30pm-9:00pm (November only- 11/17) (December only- 12/8)	Maria Fatima Castaneda maria.castaneda@csun.edu (818) 374-9107

Mamas Latinas Grupo de Apoyo (SCV) (Zoom, Spanish)	Segundo Lunes del mes 11:00am-12:00pm Cuarto Lunes del mes 6:00pm-7:00pm	Mayra Lara mayra.lara@csun.edu (661) 270-6546
Early Start Support Group (English & Spanish)	Virtual and In-person For more details, contact Jennifer or Arleen	Jennifer Burns (English) jennifer.burns@csun.edu Arleen Flores (Spanish) arleen.flores@csun.edu
Armenian Parent Circle of Support (Zoom, Armenian)	1st Thursday of the month 6 :30pm	Katharyn Sinelli Katharyn.sinelli@csun.edu
Men's Roundtable	Schedule- Coming soon	

OTHER SUPPORT GROUPS MEETING VIRTUALLY

¡Unete a la conversación! (Join the conversation!)	2 nd & 4 th jueves de cada mes comenzando julio 2020 6:30pm a 8pm	www.supportgroupscentral.com/mss Lia Cervantes: lcervantes@modernsupportservices.org
<i>Come and Chat! Armenian Support Group</i>	Support and educational resources for families of developmentally disabled Armenian: 2 nd and 4 th Tuesday of the month starting July 2020	www.supportgroupscentral.com/mss Lia Cervantes: lcervantes@modernsupportservices.org
Epilepsy Support Group (Antelope Valley group)	Find support, connect with others, access services Meets 2 nd Thursday of the month	Register: EpilepsyEvents.org 800-564-0445 or 310-670-2870 Email: help@EndEpilepsy.org
TASK	Parent to parent support and connection group. Open to all parents of children with developmental disabilities. Last Tuesday of each month, 10-11am	Register: https://taskca.org/evrplus_registration/?action=evrplusegister&event_id=624 Email: task@taskca.org

SAN FERNANDO VALLEY GROUPS

Group	Purpose	Information & 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.
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. Email: 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 .
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. Email: 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.
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 .

<p>San Fernando Valley Self-Help Group (Epilepsy)</p>	<p>Information & referral, self-help groups, educational outreach, parent phone number network, conferences, seizure and first aid training.</p>	<p>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. www.epilepsy-socalif.org</p>
<p>Teen Support Group (Ages 12-18)</p>	<p>Support for teens experiencing anxiety, stress, challenges or confusion.</p>	<p>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</p>
<p>OUR HOUSE Grief Support Center</p>	<p>Provides grief support and education to children, teens and adults.</p>	<p>For more information call (818) 222-3344. Email: ourhouse@ourhouse-grief.org or visit www.ourhouse-grief.org</p>

<p>OTHER GROUPS & RESOURCES</p>		
<p>Group</p>	<p>Purpose</p>	<p>Information & Contact</p>
<p>AAOP Armenian Autism Outreach Project</p>	<p>Support and information for families and individuals affected by Autism Spectrum Disorder.</p>	<p>For more information call (818) 542-AAOP(2267). www.armenianautismoutreach.org</p>

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 Southern 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. Email: Hamercaz@jfscla.org or visit www.Hamercaz.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

<p align="center">JTC John Tracy Clinic</p>	<p>Multidisciplinary, parent – centered programs and services for children who are deaf or hard of hearing ages birth to five.</p>	<p>For more information call (213) 748-5481 or visit www.jtc.org.</p>
<p align="center">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 align="center">OTB Outside the Box</p>	<p>Developmental & educational program for children ages 3-6.</p>	<p>For more information call (818) 348-Play(7529). Email: registration@otbee.com</p>
<p align="center">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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