Find Your Support Group

Real Families. Real Support. A Stronger Community.

Support groups for individuals with developmental disabilities and their families.
Connect, share experiences, and build community.

PARENT & CAREGIVER CONNECTION

General support for all parents and caregivers of individuals with developmental disabilities.

Parent Check-In & Chat

A casual space to connect with other parents and caregivers, share what's on your mind, and get support from people who understand.

FFRC

Meets: 3rd Thursday 12:00 – 1:00 PM | Zoom

Parent Connection

A welcoming space for parents and caregivers to share experiences, learn from one another, and get support.

NLACRC

Meets: 2nd Tuesday 6:00 – 7:30 PM | Zoom

CULTURAL & LANGUAGE CONNECTION

Support for individuals with developmental disabilities and their families within shared cultural and language communities.

Aprendiendo Juntos

A support group for parents of young children (ages 0-5). Get support, share ideas, and learn about early intervention.

FFRC

Meets: 4th Friday 10:00 – 11:00 AM | Zoom

Armenian Parent Circle of Support

A space for Armenian families to connect, share experiences, and support one another.

NLACRC

Meets: 2nd Thursday 6:30 – 7:30PM | Zoom | In Person: Dec. 10 & Jan. 7 (tbd)

Black & African American Family Focus Support Group

A supportive space for Black and African American families to connect, share experiences, resources, and support.

NLACRC

Meets: 1st Wednesday 6:30 – 8:30 PM | Zoom

Cultivar y Crecer

A support group for Spanish-speaking parents and caregivers. Share experiences, get information and support.

FFRC

Meets: Select dates 6:30 – 8:00 PM | Zoom & In Person

El Poder del Amor y la Paciencia

A support group for families in the San Fernando Valley to share experiences and resources.

FFRC

Meets: 2nd Friday 9:30 – 11:00 AM | In Person: L.A. Care Community Resource Center
7868 Van Nuys Blvd., Panorama City, CA 91402

Farsi Support Group

A space for Farsi-speaking families to connect, share experiences, and access resources and support.

NLACRC

Meets: Every other month (Friday) 5:30 – 7:30 PM | Zoom & In Person

Filipino Support Group

A space for Filipino families and caregivers to connect with one another, share experiences, celebrate culture, and build community.

NLACRC / FFRC

Meets: 3rd Monday 6:30 – 8:00 PM | Zoom & In Person at NLACRC Chatsworth Office

Scan the QR code to view the full calendar, register, or learn more about our support groups.

For questions, please contact NLACRC or FFRC.

www.nlacrc.org/supportgroups | Family Focus Resource Center https://www.csun.edu/family-focus-resource-center

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CULTURAL & LANGUAGE CONNECTION *(cont.)*

Support for individuals with developmental disabilities and their families within shared cultural and language communities.

Mamás Latinas

SPANISH-SPEAKING

A support group for Spanish-speaking mothers in Santa Clarita to connect, share experiences, learn, and support one another.

FFRC

Meets: 2nd Wednesday 10:00 AM – 12:00 PM | Zoom

Puentes de Amor

SPANISH-SPEAKING

A support group for Spanish-speaking families in the Antelope Valley to connect, share experiences, and get support

NLACRC

Meets: November 5 and December 10 2027: Dates to be determined. 10:00 AM – 12:00 PM | In Person at the Antelope Valley Office 43850 10th St. West, Lancaster, CA 93534

SUPPORT FOR ADULTS & SPECIFIC EXPERIENCES

Support for adults with developmental disabilities and families navigating specific experiences or stages of life.

Parents of Adult Consumers

A support group for parents and caregivers of adult consumers (18+). Connect with other families, share experiences, ask questions, and exchange information and resources.

FFRC

Meets: 3rd Wednesday 6:30 – 7:30 PM | Zoom

Rainbow Connection Social Group

A supportive social group for LGBTQ+ adults (18+) who are part of the NLACRC community. Connect, share experiences, and build community.

NLACRC

Meets: 3rd Tuesday 6:30 – 8:30 PM | Zoom

LOCAL FAMILY CONNECTIONS

Connect with families of individuals with individuals with developmental disabilities in your local community.

AV Together We Shine

ENGLISH & SPANISH

For families in the Antelope Valley. Connect with other families, share experiences, and access resources.

FFRC

Meets: 1st Wednesday 11:30AM – 1:00 PM | NLACRC AV Office: 43850 10th Street West, Lancaster CA 93534

Santa Clarita Parent Circle of Support

For Santa Clarita families. A supportive space to connect withother families, share experiences, and get support.

NLACRC / FFRC

Meets Quarterly: 1st Thursday 9:30AM – 11:30 AM | NLACRC SCV Office: 25360 Magic Mountain Pkwy., Santa Clarita CA 91355

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For questions, please contact NLACRC or FFRC.

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v1.102026

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CULTURAL & LANGUAGE CONNECTION

Support and resources for Korean-speaking individuals and families of people with developmental disabilities.

ADEPT Parent Study Group — KOREAN-SPEAKING

An online study group for parents of children with autism using the UC Davis MIND Institute's ADEPT program. Parents learn behavior strategies at their own pace and receive support applying them at home.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

Community Connector Services — KOREAN-SPEAKING

Individualized support for Korean-speaking individuals and families who need help understanding and accessing Regional Center services, generic services, information, and community resources.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

Dads Support Group — KOREAN-SPEAKING

A space for Korean-speaking fathers of individuals with developmental disabilities to connect with other dads, share experiences, and support one another.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

Parent Support Group — KOREAN-SPEAKING

A space for Korean-speaking parents and caregivers of individuals with developmental disabilities to connect, share experiences, information, and support one another.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

SDP Family Support Group — KOREAN-SPEAKING

For Korean-speaking families interested in or participating in the Self-Determination Program (SDP) to connect, share information, and support one another.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

Siblings Support Group — ENGLISH-SPEAKING

A space for siblings of individuals with developmental disabilities to connect with others who share similar family experiences.

BBT

Meets: Virtual on Zoom Contact BBT for current schedule

Scan the QR code to view the full calendar, register, or learn more about NLACRC support groups.

For questions, contact BBT at contact@bbtus.org

www.nlacrc.org/supportgroups | www.bbtus.org

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