



SUPPORT GROUPS



Support Groups provide informative presentations, engaging discussions, and a chance to connect with other parents, caregivers, and families. Many groups are currently meeting virtually. To learn more about the next meeting, please reach out to the group facilitator for details.

The following directory contains support groups throughout Los Angeles County, that are available to individuals served by Harbor Regional Center (Harbor), and their families. Groups include both in-person options and virtual meetings accessible from anywhere. Always verify current meeting schedules directly with each organization, as times and formats can change.

AUTISM SPECTRUM DISORDER

Autism Society of Los Angeles (ASLA)

Monthly meetings with guest speakers, resource sharing, advocacy updates, and peer networking for families affected by Autism Spectrum Disorder throughout LA County. Open to all family members.

Location: In-Person & Virtual

Contact: (323) 660-5550

Email: info@autismla.org

Website: www.autismla.org

Warm Line: (424) 299-1531

Dates & Times: Monthly – multiple chapters.

Autism Connections

Online Caregiver Support Group is a space to share experiences, ask questions, and connect with others on similar journeys. Each session blends open conversation with practical insights to help families feel supported, informed, and empowered.

Location: Virtual via Zoom

Contact: (513) 561-2300

Email: connect@autismcincy.org

Dates & Times: 2nd Tuesday of each month
12:00pm-1:30pm ET

Bugle Horn Autism Support Group

The group provides opportunities for parents to benefit from the experiences and support of professionals. Participants will learn valuable coping and intervention strategies.

Location: Virtual via Zoom

Dates & Times: 2nd Monday of the month,
5:00pm-6:45pm

Contact: Florence Bracy (323) 574-0862

Email: bracyflorence2013@gmail.com

AGUA Classic

(Peer Group – High Functioning Autism)

A peer support group for adults with high-functioning autism. Members meet socially and share experiences across different locations throughout LA County.

Location: In-Person; rotates throughout LA County.

Dates & Times: 1st Saturday or Sunday 1:00pm.

Contact: (562) 237-1520

Association for Autism and Neurodiversity (AANE)

Groups are facilitated by AANE staff, adjunct facilitators, or volunteers who have autism, have family members with autism, or have worked extensively with the autism community.

Location: Virtual via Zoom

Dates & times: Monday – Friday, 9:00am – 5:00pm ET

Contact: (617) 393-3824

Email: info@aane.org

Website:

<https://aane.org/services-programs/group-services/support-groups-community-connection/>

The Autism Community in Action (T.A.C.A.)

TACA Virtual Support events are one-hour, group-based meetings designed for parents and caregivers seeking guidance, encouragement, and connection. Led by TACA staff, these supportive gatherings provide a safe and understanding space to discuss challenges, share successes, and explore TACA's many programs and resources.

Registration is required in advance.

Website: <https://tacanow.org/virtual/>

Autism Research Institute -Advancing Science & Education

Explore resources, research and tools for best care and treatment practices to help individuals with autism. Free and current educational materials and webinars for individuals, parents and professionals from experts around the world.

Website: <https://autism.org/>

Webinars: <https://autism.org/webinars/>

Autism Speaks

Autism Speaks offers a list of mostly national and online autism-friendly community groups and services. Some have local groups and meet in person.

Website: <https://www.autismspeaks.org/>

Resource Directory:

<https://www.autismspeaks.org/directory>

Autism Support Community

Autism Support Community is a nonprofit organization dedicated to building a supportive community for parents and self-advocates on the autism spectrum. The organization is led by families in the Los Angeles area who have attended local schools and are active participants in the Regional Center system.

Contact: (818) 850-2372

Website:

<https://www.autismsupportcommunity.org/support-groups>

Autism Partnership Foundation (APF) Long Beach

Parent and family training workshops and seminars on evidence-based behavioral intervention for children and adults with ASD.

Location: In-Person

Dates & Times: Ongoing throughout the year.

Contact: (323) 291-7100

Website: <https://autismpartnershipfoundation.org/>

Autism Connections (Spanish)

Parent and Caregiver Support Group designed to provide a safe space for understanding and support, connection, participation, and conversation for parents and caregivers of individuals with autism. Registration is required.

Location: Virtual via Zoom

Dates & time: The first Wednesday of every month
6:00pm-7:30pm ET

Contact: (513) 561-2300 ext. 102

Email: gmadriz@autismcincy.org

Autism Advocates in Action

Monthly Autism support for parents and caregivers. Groups are available in English and Spanish.

Parent/Caregiver support and training:

Dates & times: Every 1st Monday, 11:00am - 12:00pm

Caregivers (Coffee chat):

Dates & times: Every 3rd Monday, 11:00am - 12:00pm

Location: In-Person

LA Care - Long Beach Community Resource Center
5599 Atlantic Ave. Long Beach, CA 90805

Contact: (562) 256-9810

The Color of Autism Foundation

Fosters inclusivity and support for African American families navigating the world of autism. Offers a spectrum of services and resources, aiming to address various needs and challenges faced by individuals on the autism spectrum and their families. Offers a Parent Support Group and a Black Father Support Group.

Website: <https://thecolorofautism.org/programs/>

The Center for Autism & Neurodevelopmental Disorders - Parent to Parent Support Group

All parents and/or caregivers of a child with a neurodevelopmental disability are welcome. The Parent-to-Parent Group invites you to share experiences, successes, challenges, and family impact.

Location: Virtual via Zoom

Dates & times: Every Second Monday of the Month,
6:00pm-7:30pm

Contact: Nellie Valentine (949) 267-0462

Email: nelliev@hs.uci.edu

Miller Children's & Women's Hospital - AUTISMO Support Group for Spanish Speakers

A group for Spanish-speaking parents, caregivers, and family members of children with Autism.

Location: Virtual via Zoom

Dates & times: Every 3rd Tuesday of the month, 10:00am-11:00am

Contact: Martha de La Torre (562) 933-8045

MyAutismTeam

A free online support community for parents and caregivers of individuals with autism. Members can connect with others who understand their journey, ask questions, share experiences, and exchange practical advice, resources, and encouragement in a supportive, judgment-free space.

Location: Virtual via Zoom

Website: <https://www.myautismteam.com/>

Special Needs Network (SNN) Family & Parent Support

Provides underserved communities with autism services, peer support, advocacy, and family events. Hosts annual autism conference at LA Harbor College (Wilmington). Community events are offered year-round.

Location: In-Person

Contact: (323) 291-7100

Dates & Times: Annual Conference (Spring/Fall)

Website: <https://snnla.org/>

CEREBRAL PALSY

Center for Cerebral Palsy at UCLA

Provides helpful links and information about funding sources, adaptive shoes and clothing, advocacy services, and adaptive activities.

Website: <https://www.uclahealth.org/medical-services/orthopedics-and-sports-medicine/cerebral-palsy/cerebral-palsy-resources>

Inclusive Sol

Families can access free resources, a monthly caregiver support group, news and events, a multilingual resource hub, and e-bulletin.

Website: <https://inclusivesol.org/resources/pause-and-connect/>

Cerebral Palsy Alliance Research Foundation

CPARF is a nonprofit that funds cerebral palsy research and disability technology. Families can use its website to learn about CP, find research studies to join, follow news and stories from the CP community, and find ways to help fundraise for the foundation.

Contact: Elizabeth Boyte at elizabeth.boyte@cparf.org

Website: <https://cparf.org/>

United Cerebral Palsy (UCP) LA County

UCP affiliates provide services such as housing, physical therapy, assistive technology training, early intervention services, individual and family support, social and recreational programs, community living, state and local referrals, employment, employment assistance and advocacy.

Contact: (818) 782-2211 or (800) 872-5827

Website: www.ucpla.org

EPILEPSY

Epilepsy Foundation

For Parents & Caregivers: Open to all US-based parents and caregivers of individuals with epilepsy. Peer-led sharing and support.

For young adults (ages 19–30) living with epilepsy: Peer support navigating school, work, relationships, and independent living with a seizure disorder.

Location: Virtual via Zoom

Dates & Times: 3rd Wednesday – 6:30pm PT

Contact: (800) 332-1000

Website: www.epilepsy.com

Epilepsy Foundation Los Angeles (EFLA) Support Groups & Programming

Free bilingual support groups and programs for individuals and families affected by epilepsy. Peer sharing in an empathetic setting. Advocacy, education, and referral also provided.

Location: In-Person & Virtual

Contact: (310) 670-2870 (800) 564-0445

Email: Help@EpilepsyLosAngeles.org

Website: www.epilepsylosangeles.org

Epilepsy Support Network of Orange County

Provides support groups, education, and bilingual (English/Spanish) helplines.

Location:

1500 Adams Ave, Ste. 301

Costa Mesa, CA 92626

Contact: (714) 916-0456

Email: info@esnoc.org

Website: <https://esnoc.org/>

DOWN SYNDROME

Epilepsy & Seizures 24/7 Helpline

National helpline for immediate support, information, and referral for individuals and families affected by epilepsy. Available 24/7 in English and Spanish.

Format: Phone

Contact: English: (800) 332-1000

En Español: (866) 748-8008

Dates & Times: 24 hours a day, 7 days a week

Children's Hospital Los Angeles (CHLA) Epilepsy Parent Support Group

Parents and caregivers affected by epilepsy are invited to join us to gain support, share ideas, and learn from other parents experiencing similar issues.

Location: Virtual (Invitation link will be emailed upon confirmation)

Third Tuesday of every month

7:00pm – 7:30pm – Special Guest Educator

7:30pm – 9:00pm – Open Discussion Group

Register at: (800) 564-0445 or (310) 670-2870

Email: help@endepilepsy.org

Down Syndrome Association of LA (DSALA) Parent Support Groups

Formal monthly meetings bringing families together with guest speakers, resource sharing, and peer counselor support. One-on-one counseling also available. Multiple groups throughout LA County.

Location: In-Person & Virtual

Contact: DSALA (818) 786-0001 or (818) 374-9107

Email: sandra@dsala.org or info@dsala.org

Website: www.dsala.org

Dates & Times: Monthly (various areas). Contact DSALA to be added to the email list for your nearest group.

Club 21 Learning & Resource Center New & Expectant Parent Group

Peer support for new and expectant parents of children with Down syndrome. Connects families with early resources and a welcoming community.

Location: In-Person & Virtual

Dates & Times: Ongoing

Contact: (626) 844-1821

Email: pam@clubtwentyone.org

Website: www.clubtwentyone.org

Down Syndrome Association of Los Angeles - Grupo de Apoyo Cultivar y Crecer (en Español)

This group is designed for Spanish-speaking parents and family members by providing emotional support, educational workshops that promote well-being.

Location: Virtual via Zoom, In-Person

Dates & times: 4th Friday of every month

Email: maria.castaneda@csun.edu or

sandra@dsala.org

Contact: (818) 374-9107 or (818) 786-0001

INTELLECTUAL & OTHER DEVELOPMENTAL DISABILITIES

Harbor Family Resource Centers - Parenting Connections

This group is for parents, caregivers, and family members of individuals served by Harbor who are looking to meet others who have a family member of any age and any type of developmental disability.

Location: Virtual via Zoom

Dates & times: Two Monday nights every month,
6:00pm – 7:30pm

Contact: Maria Elena Walsh (310) 543-0691

Email: mariaelena.walsh@harborrc.org

Carolyn Kordich Family Resource Center

Serves Harbor City, Harbor Gateway, Lomita, San Pedro, Wilmington, and parts of Carson. Provides parent-to-parent support, referrals, educational trainings, and information for families throughout their lifespan.

Contact via email: salgado@ckfrcenter.org or
deborba@ckfrcenter.org

Website: www.ckfrcenter.org

Long Beach Family Resource Center (Miller Children's Hospital)

Provides parent support, information, referrals, and early intervention resources for families in the Long Beach area.

Contact: Brenda Macias (562) 933-8050

Email: bmacias@memorialcare.org

Website:

<https://www.millerchildrens.memorialcare.org/families-and-visitors/family-resources/family-resource-centers>

Parenting Black Children (PBC)

Community support and resources specifically for caregivers of African American individuals with developmental disabilities. Offers online community and events.

Location: In-Person

Contact: (626) 387-3853

Email: welcome@parentingblackchildren.org

Website: www.parentingblackchildren.org

Together, Not Alone

This is a support group for Korean families.

Location: Virtual via Zoom

Dates & times: 4th Friday every month,
10:00am - 12:00pm

Contact: Minsun Kim (310) 792-4791

Email: minsun.kim@harborrc.org

Vietnamese Parents of Disabled Children Association

Hội Phụ Huynh Việt Nam Có Con Em Khuyết Tật offers many training and support activities throughout the year for Vietnamese-speaking parents, caregivers, and families of individuals with developmental disabilities.

Phone: (562) 822-9100

Email: contact.vpdca@gmail.com

We Are Brave Together

Offers support groups, retreats, resources and events for mothers raising children with disabilities, neurodivergence, and other needs.

Location: In-Person and Virtual

Email: hello@wearebravetogether.org

Website:

<https://www.wearebravetogether.org/support-groups>

Being Built Together (BBT)

Offers ongoing training, events, and support for Korean-speaking families. Support groups are offered for parents, fathers, siblings, and those in the Self-Determination Program.

Location: In-Person and Virtual

Email: contact@bbtus.org

Website: <https://www.bbtus.org/support-groups/>

Carolyn Kordich Family Resource Center - Self-Advocacy for Spanish Speakers

A monthly Spanish-speaking support group that offers resources for families of children with developmental disabilities. The mission of this support group is to support, empower, and educate families about services available to them. Registration is required.

Location: Virtual via Zoom

Dates & times: The 1st Thursday of every month, at 5:00 pm

Contact: (310) 325-7288

Email: salgado@ckfrcenter.org

Japanese-Speaking Parents Association of Children with Challenges (JSPACC)

Los Angeles based organization, serving Japanese-speaking parents and caregivers.

Location: In-Person c/o Little Tokyo Service Center
231 E. Third St. G-106, Los Angeles, CA 90013

Contact: Connie Yamada (215) 505-2801 / Mariko Magami (818) 625-5115

Email: info@jspacc.org

Website: <http://www.jspacc.org>

Korean American Special Education Center (KASEC)

Offers Parent Empowerment Group to share information, safe space to connect with other parents in Orange and Los Angeles County

Location: In-Person and Virtual

Contact: (562) 926-2040

Email: info@kasecca.org

Website: <https://kasecca.org/>

Seeking Interest for Support Group for African American Families

Interested in a support group for African American families? This could be the opportunity for you! Let's create a community where we can support each other as we walk our similar paths. Looking to share resources, helpful information & build community with other African American families that are served by Harbor Regional Center? I'm a parent of a child served by Harbor Regional Center and I am looking for fellow Harbor served families/caregivers to join with me to create a support group for African American families.

Contact: Erica Cook at (470) 225-0811

Email: cjealeen@gmail.com

Fiesta Educativa

Information, training, and support for Latino families navigating services for individuals with disabilities including Autism, Down syndrome, Cerebral Palsy, Epilepsy, and intellectual disabilities.

Location: In-Person & Virtual

Contact: Irene Martinez/Laura Ruesga (323) 221-6696

Website: <https://fiestaeducativa.org/>

Unidad y Fuerza

This is a group for Spanish-speaking parents, caregivers, and family members of children diagnosed with a developmental disability.

Location: Virtual via Zoom

Dates & times: 4th Wednesday every month,
6:00pm – 8:30pm

Contact: Martha de la Torre at (562) 933-8045

Better Days Integrated Programs (BDIPS) - Caregiver Support Circle

Provides monthly support group for caregivers of children with developmental disabilities, called Caregiver Support Circle.

Location: In-Person

Dates & times: Every 3rd Thursday of the month,
6:30pm – 8:00pm

Website: <https://www.bdips.org/group-therapy>

SUPPORT FOR SIBLINGS

Sibling In-Person Support Groups

Village Sibshops/Sibling Support Project hosts Quarterly Groups for Siblings Ages 6-14 in Redondo Beach, CA.

Contact: (424) 390-0335

Website: ourvillageslc.org/sibshops-sibling-supportgroups.html

California Sibling Leadership Network (CaliforniaSibs – Adult Siblings)

Community for adult siblings of people with intellectual and developmental disabilities in California. Provides peer support, advocacy tools, meetups, and mental health provider directory.

Location: Virtual & In-Person

Dates & Times: Monthly

Website: www.californiasibs.org

The Arc – National Sibling Council

Connects siblings of individuals with intellectual and developmental disabilities to advocacy, peer support, and resources nationwide.

Location: Virtual

Website: www.thearc.org/get-involved/siblings

For Sibling Activists and Advocates

www.siblingswithamission.org

Facebook Sibling Support Groups

SIB TEEN for adolescent siblings

www.siblingswithamission.org

SIB20 for siblings in their 20's

www.siblingswithamission.org

SIBNET for adult siblings

www.siblingswithamission.org

Hermanos Capaces (en Español)

www.siblingswithamission.org

The Mission Project Siblings Support Group

Virtual support group for adult siblings of individuals with intellectual and developmental disabilities. Safe space to share experiences, exchange resources, and connect.

Location: Virtual via Zoom

Contact: Maslyn Allen

Email: m.allen@ku.edu

Dates & Times: 1st Monday of every month,
6:30–7:30 pm

GRIEF SUPPORT

The Compassionate Friends

Supporting families after a child passes. Compassionate Friends of Los Angeles is part of a nationwide organization of volunteers. They are parents, grandparents and other family who have grieved the loss of a beloved one.

Contact: (310) 474-3407

Website: <https://tcfla.org/>

Our House (Grief Support)

Provides the community with grief support services, education, resources, and hope.

Contact: (310) 475-0299

Website: <https://www.ourhouse-grief.org/>

Center for Grief and Loss of Children

Locations: Glendale, Pasadena, South Central Los Angeles

For children 8 months–5 years, adolescents, and adults call: (866)744-7433

For Spanish language speakers call: (818) 262-9101

Taking Time

Taking Time: South Bay is a non-profit Bereavement Support program located in Redondo Beach, Ca. Provides bereavement services for those who have experienced the death of a significant person in the form of individual support, bereavement support groups, education on grief and loss, and referrals for additional support and services.

Location: 514 North Prospect Avenue, Suite L6
Redondo Beach, CA 90277

Contact: (424) 634-1956

Email: info@takingtime.org

Website: <https://www.takingtime.org/>

Didi Hirsch Mental Health Services Teen Grief Group (Ages 13–17)

For teens grieving the loss of a loved one or friend to suicide. Eight (8) week virtual program with creative coping activities.

Location: Virtual

Contact: (424) 362-2911

Website: www.didihirsch.org

Didi Hirsch Mental Health Services Bereavement Groups (Suicide Loss, Adults & Teens)

Peer support for survivors of suicide loss. Adult groups co-facilitated by a clinician and a peer. Teen virtual groups available.

Location: In-Person & Virtual

Contact: (800) 854-7771

Website: www.didihirsch.org

OTHER SUPPORTS

Allcove Beach Cities (Support for Youth of Divorce)

Offers support group for youth ages 12-18 who have parents who are divorced or planning to become divorced. A concurrent group for parents meets at the same time in a separate room. Groups are facilitated by licensed professionals and trained volunteers experienced in divorce, life transitions and loss.

Location: 514 North Prospect Avenue, 4th Floor
Redondo Beach, CA 90277

Contact: (310) 374-5706

Website: <https://allcove.org/>

Alcove in Redondo Beach, CA:

<https://allcove.org/centers/beach-cities/>

Parents of Murdered Children

For families and friends of those who have died by violence.

Contact: (714) 647-7508

NAMI South Bay Teen Line Crisis & Peer Support

Free telephone and text-based peer support for teens experiencing mental health challenges, including those with disabilities or siblings of individuals with disabilities.

Teen Line: (800) TLC-TEEN | (800) 852-8336

Text: TEEN to 839863

Dates & Times: Every day, 6:00pm – 10:00pm PT

Website: <https://namisouthbay.org/support-and-education/support-groups/>

NAMI South Bay Japanese Speaking Support Group

No-cost support group for Japanese-speaking parents and caregivers.

Dates & times: Twice Monthly

Contact: Takako Augustson (310) 882-0333

Email: contact@namijssg.org

Website: <https://namisouthbay.org/support-and-education/support-groups/>

Sudden Infant Death Syndrome (SIDS) Parent Support Group

A safe space for parents who have lost a baby suddenly and unexpectedly with a community of parents who share similar experiences.

Location: Virtual via Zoom

Email: sids-parent-support@googlegroups.com or
pennystastny@icloud.com

For general public information call (916) 558-1784

988 Suicide & Crisis Lifeline (Dial 9-8-8)

The National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

Contact/Text: 9-8-8

Website: <https://www.988california.org/>

Cedars Sinai Medical Center – Teen to Teen Hotline

(310) 855-HOPE (4673)