

# comfort connection

Family Resource Center

## A - Z

### Parent Support Groups

Grupos de Apoyo para Padres  
Các Nhóm Hỗ Trợ Phụ Huynh



1525 N. Tustin Avenue  
Santa Ana, CA 92705

Located at  
Regional Center of Orange County  
1st Floor

✦ **Se habla Español**

*Connecting families who have children with  
special needs to resources and support*

**Tel: 714-558-5400**

**Fax: 714-542-5634**

**March 2024**

#### All Disabilities Welcome

Adult Family Connections (focus on caregivers of adults)  
Lisa Stanton, SCDD 714-558-4404  
[orangecounty@scdd.ca.gov](mailto:orangecounty@scdd.ca.gov)

Friendship Circle  
Lisa Bogart 949-721-9800 x100  
[lisa@FriendshipOC.org](mailto:lisa@FriendshipOC.org)

MUHCEN (Muslims Understanding & Helping Special Education Needs)  
Hira Khan 714-343-2361  
[socal@muhsen.org](mailto:socal@muhsen.org)

Parents Helping Parents Support Group  
Ana Palafox, FSN 714-447-3301 x204  
[apalafox@fsn-oc.org](mailto:apalafox@fsn-oc.org), <https://www.fsn-oc.org/>

TASK 714-533-8275  
Team of Advocates for Special Kids  
Register online at [www.taskca.org](http://www.taskca.org)

ADHD Attention Deficit Hyperactivity Disorder  
CHADD (Children & Adults with ADD)  
[ADHDmeeting@gmail.com](mailto:ADHDmeeting@gmail.com) 714-6951057  
[www.greaterocchadd.org](http://www.greaterocchadd.org)

Angelman Syndrome  
CLASP (California League of Angelman Syndrome Parents)  
Katie Hendren 714-421-2635  
[Avalon68.Kh@gmail.com](mailto:Avalon68.Kh@gmail.com)

Autism  
ARM/Autism Resource Mom  
Debora L. Smith 714-501-8735  
[info@autismresourcemom.org](mailto:info@autismresourcemom.org),  
[autismresourcemom.org/programs](http://autismresourcemom.org/programs)

AUesome Sauce (Mixer for Families)  
Sarah Watkins 562-708-0699  
[info@ausomesauce.org](mailto:info@ausomesauce.org)

Autism by the Sea  
Debbie Painter 714-612-1120  
[dpainter01@roadrunner.com](mailto:dpainter01@roadrunner.com)  
[www.autismbythesea.org](http://www.autismbythesea.org)

Autism Moms Connect  
Kathryn Walton 714-288-7651  
[kathryn.walton.turner@choc.org](mailto:kathryn.walton.turner@choc.org)

The Center for Autism & Neurodevelopmental Disorders (CAND)  
Parent to Parent Group  
Nellie Valentine 949-267-0462  
[nelliev@hs.uci.edu](mailto:nelliev@hs.uci.edu)

Family Autism Network  
Bonnie Gillman 714-573-1500  
[info@faninfo.org](mailto:info@faninfo.org); [www.faninfo.org](http://www.faninfo.org)

Grandparent Autism Network  
Bonnie Gillman 714-573-1500  
[info@ganinfo.org](mailto:info@ganinfo.org); [www.ganinfo.org](http://www.ganinfo.org)  
✦ Grupo de Apoyo en Español (Spanish only)  
Marlene Cuevas, LCSW 949-267-0442  
[mcuevas3@uci.edu](mailto:mcuevas3@uci.edu)

✦ Grupo de Autismo Angeles  
Gloria & Jose Hernandez 714-956-0362  
[info.grupoangelesoc@gmail.com](mailto:info.grupoangelesoc@gmail.com)

OCASG - OC Asperger's Support Group  
Judi Uttal  
[ocasupport@gmail.com](mailto:ocasupport@gmail.com), [www.ocaspergers.org](http://www.ocaspergers.org)

Saddleback Ministries Autism Support Group  
Wendy and Greg Lamp 949-609-8000  
[wlamp@saddlebackvolunteer.com](mailto:wlamp@saddlebackvolunteer.com)

TACA (The Autism Community in Action)  
✦ Simran Garcia 949-640-4401 x115  
[Simran.garcia@tacanow.org](mailto:Simran.garcia@tacanow.org)  
[www.tacanow.org](http://www.tacanow.org)

Behavior  
Helping the Behaviorally Challenging Child (HBCC)  
Debra Ann Afarian 714-695-1057  
[dafarian@hbcc.us](mailto:dafarian@hbcc.us), [www.hbcc.us](http://www.hbcc.us)

Bereavement  
Compassionate Friends  
Yolanda Villalva 714-335-4763  
✦ Maria Jimenez 562-822-5563  
[www.compassionatefriendsoc.com](http://www.compassionatefriendsoc.com)

✦ Forever Footprints 714-509-0065  
(loss of baby in pregnancy or infancy)  
[info@foreverfootprints.org](mailto:info@foreverfootprints.org)  
[www.foreverfootprints.org](http://www.foreverfootprints.org)

Hoag Hospital Bereaved Support Groups  
Zuly Rhoads 949-764-8358  
[Zuly.rhoads@hoag.org](mailto:Zuly.rhoads@hoag.org)

Blind/Visually Impaired  
Beyond Blindness  
Ashley Yee 714-573-8888 x4014  
[ashley.yee@beyondblindness.org](mailto:ashley.yee@beyondblindness.org)  
[www.beyondblindness.org](http://www.beyondblindness.org)

The Braille Institute 323-906-3112  
[bihernandez@brailleinstitute.org](mailto:bihernandez@brailleinstitute.org)  
[www.brailleinstitute.org](http://www.brailleinstitute.org)

Partners for Pediatric Vision  
Diane Christian 714-451-6513  
✦ Mackenzie Bello-Ponce 714-712-0745  
[partnersforpediatricvision@gmail.com](mailto:partnersforpediatricvision@gmail.com)

Cardiofaciocutaneous (CFC) Costello Syndrome  
Melinda Taylor 714-380-2906  
[myson1029@gmail.com](mailto:myson1029@gmail.com)

Cerebral Palsy  
Inclusive Sol  
Reena De Asis  
[www.inclusivesol.com/resources/support-group/](http://www.inclusivesol.com/resources/support-group/)

Cultural Groups  
African-American/Black/Caribbean  
Empowering Women of Color  
Nellie Valentine 949-267-0462  
[nelliev@hs.uci.edu](mailto:nelliev@hs.uci.edu)

Asian Indian  
JEENA  
Meena Bedekar  
[meena.bedekar@gmail.com](mailto:meena.bedekar@gmail.com)  
[jeena.org](http://jeena.org)

Cambodian  
Asian Family Association for Disability Support (AFADS)  
Mimi Chou 714-267-6009  
[afadsoc@gmail.com](mailto:afadsoc@gmail.com), [afadsoc.org](http://afadsoc.org)

**Chinese/Mandarin & Cantonese**

Asian Family Assoc.for Disability Support  
(AFADS)  
Mimi Chou 714-267-6009  
*afadsoc@gmail.com, afadsoc.org*

**Korean**

Being Built Together (BBT)  
Jinsook Baek 949-751-7343  
*contact@bbtus.org, www.bbtus.org*

**Japanese**

Japanese Speaking Parents Association  
Mariko Magami 818-249-1726  
*majomaridance@gmail.com, www.jspacc.org*

**Spanish/Latino**

✧ Conexiones Educativas  
Cecilia Mercado 714-398-4710  
*ceci.mercado@yahoo.com*

✧ Nuevos Horizontes  
Barbara Dominguez 714-998-4912  
*barbie\_dguez@yahoo.com*

✧ Padres Mentores  
Evelyn Rodriguez 657-342-9194  
*epamela31@gmail.com, www.lpmentors.com*

**Vietnamese - Tiếng Việt**

Vietnamese Parents with Disabled Children  
Association (VPDCA)  
Hung Gia Nguyen 714-527-9216  
*vpdcahung@yahoo.com*  
Tien Nguyen *tienvpdca@gmail.com*

BPSOS Center for Community Advancement  
Thu Tran 714-897-2214  
*Thu.tran@bpsos.org*

Vietnamese Parent Support Group for Children  
with Special Needs/Mental Health Challenges  
Project Vietnam Foundation 714--888-5800  
*info@projectvietnam.org*

**Deaf/Hard of Hearing**

John Tracy Center  
Bridgette Klaus 213-863-9959  
*bklaus@jtc.org, www.jtc.org*

O.C. Deaf Equal Access Foundation  
*www.ocdeaf.org* (TTY/Voice) 714-826-9793  
(Video phone) 714-503-0669

California Hands and Voices  
*cahandsandvoices.org*

✧ D/HH Parent Support Group  
Kimberly Coronado 949-936-7788  
*kimberlycoronado@iusd.org*

**Down Syndrome**

Down Syndrome Association of OC  
Circle of Friends  
✧ Alicia Sanchez 714-540-5794  
*asanchez@dsaoc.org, www.dsaoc.org*

Down Syndrome/Alzheimer's Disease  
Kim Bailey 949-757-3771  
*kim.bailey@alzoc.org*

Mommy's Journey  
Cachet Campbell 951-900-7321  
*www.mommy'sjourney.com*

**Dwarfism**

Little People of America 888-846-2001  
*info@lpaonline.org, www.lpaonline.org*

**Epilepsy/Seizure Disorder**

✧ Epilepsy Support Network of OC  
Janna Moore 714-916-0456  
*Jmoore@esnoc.org*

**Faith-Based Groups**

Haven of Hope 949-477-0700  
*havenofhope@newsong.net,*  
*Facebook Haven off Hope at Newsong*

Hope Outreach Ministry 949-222-0591  
*livingword@calvarylivingword.org*  
*www.calvarylivingword.org*

Mariners Church Exceptional Families  
Suzi Soares  
*ssoares@marinerschurch.org*  
*exceptionalfamilies@marinerschurch.org*  
*www.marinerschurch.org/exceptional-families*

MUHSEN (Muslims Understanding & Helping  
Special Education Needs)  
Hira Khan 714-343-2361  
*socal@muhsen.org*  
Saddleback Special Parents  
Amy Kendall 949-609-8492  
*amyk@saddleback.com*

**Fetal Alcohol Spectrum Disorders (FASD)**

FASD Network of Southern California  
Valerie Lipow 760-582-1266  
*vallipow@fasdsoutherncalifornia.org*

**Fragile X**

Sali Farber 714-544-9551  
*salij401@att.net*

**Learning Disabilities**

P.E.A.C.E. (Parent Enrichment And Continuing  
Education) 949-477-4133  
Chantel Quach  
*chantel@stowellcenter.com*

**LGBTQ**

LGBTQ Center O. C. 714-953-5428  
*info@lgbtqcenteroc.org*  
*www.LGBTCenterOC.org*

✧ La Familia  
Jonathan Gutierrez 714-953-5428 x504

Community Counseling & Supportive Service  
(CCSS)  
714-645-8000  
*ochealthinfo.com/bhs/about/pi/early/ccss*

Radiant Rainbow Allegiance 949-809-5793  
Online support group (ages 13-17)  
*jzarate@radianthealthcenters.org*  
Online & In-person (ages 18-24) 949-809-5788  
*Kcollard@radianthealthcenters.org*

**Mental Health**

National Alliance of Mental Illness (NAMI-OC)  
*www.namio.org* 714-544-8488

**Myotonic Dystrophy**

Myotonic Dystrophy Foundation

Loraine Dressler 714.278.2359  
Support Group Facilitator for SoCal  
*lkdressler@verizon.net*

**Ostomy**

United Ostomy Association 800-826-0826  
Teri Stickle 714-637-7971  
*tis8689@yahoo.com, www.ostomy.org*

**Prader-Willi California Foundation**

*www.pwcf.org* 310-372-5053  
Request Parent Mentor' via *info@pwcf.org*

**Rett Syndrome**

International Rett Syndrome Foundation  
*www.rettysyndrome.org*  
Sherry Brady 562-619-0109  
*mom2Lcm@gmail.com*  
Susan McLoughlin 949-858-8411  
*mclo4@cox.net* 949-887-8356

**Siblings**

Infinity Kids 949-273-6503  
*info@infinitykids.com, www.infinitykids.com*

OC Asperger's Sibling Support Group  
(For older teens & adults)  
*ocasupport@gmail.com*  
*www.ocaspergers.org*

Sandy Feet Initiative (SibTeen programs also)  
Mo Langley 714-206-3810  
*mo@sandyfeetoc.org*  
*www.sandyfeetoc.org*

**Spina Bifida**

Spina Bifida Association  
Christina Berlin 310-359-9611  
*cberlin@sbaa.org*

**Tuberous Sclerosis Complex**

TSC Alliance  
April Cooper 240-258-7295  
*acooper@tscalliance.org, www.tscalliance.org*

**Type One Diabetes**

JDRF 949-553-0363  
Robby Mansfield 949-296-5446  
*rmansfield@jdrf.org, www.jdrf.org*