

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

November 2025

All Disabilities Welcome

Adult Family Connections (focus on caregivers of adults)

Lisa Stanton, SCDD 714-558-4404
orangecounty@scdd.ca.gov

Friendship Circle

Lisa Bogart 949-721-9800 x100
lisa@FriendshipOC.org

✧ Orange County Necesidades Especiales

Envie un mensaje de texto 714-334-5140

Parents Helping Parents Support Group

Ana Palafox, FSN 714-447-3301 x204
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

This Journey

Women's Support Group

info@thisjourney.org www.thisjourney.org

ADHD Attention Deficit Hyperactivity Disorder

CHADD (Children & Adults with ADD)

ADHDmeeting@gmail.com 714-695-1057
Bryan Harari bryanhararichadd@gmail.com
www.greaterocchadd.org

Angelman Syndrome

CLASP (California League of Angelman Syndrome Parents)

Katie Hendren 714-421-2635
Avalon68.Kh@gmail.com

Autism

AUsome Sauce (Mixer for Families)

Sarah Watkins 562-708-0699
info@ausomesauce.org

Autism by the Sea

Debbie Painter 714-612-1120
dpainter120@gmail.com
www.autismbythesea.org

Autism Moms Connect

Kathryn Walton 714-288-7651
kathryn.walton.turner@choc.org

The Center for Autism & Neurodevelopmental Disorders (CAND)

Parent to Parent Group

Nellie Valentine 657-579-4150
nelliev@hs.uci.edu

✧ Empathy for Autism California Inc.

Karla Chinen 951-956-9068
karla@empathyforautismcalifornia.com
www.empathyforautismcalifornia.com

✧ Grupo de Apoyo en Español (Spanish only)

Marlene Cuevas, LCSW 657-579-4147
mcuevas3@hs.uci.edu

✧ Padres Hablando con Padres

Tallerenespanol@hs.uci.edu 657-579-4148

OCASG - OC Asperger's Support Group

Judi Uttal 949-506-2274
ocasupport@gmail.com, www.ocaspergers.org

Saddleback Ministries Autism Support Group

Dr. Michael Linden 949-609-8000
mlinden1@hs.uci.edu

TACA (The Autism Community in Action)

Simran Garcia 949-640-4401 x115
Simran.garcia@tacanow.org
www.tacanow.org

Behavior

Helping the Behaviorally Challenging Child (HBCC)

Debra Ann Afarian 714-695-1057
dafarian@hbcc.us, www.hbcc.us

Bereavement

Compassionate Friends

Yolanda Villalva 714-335-4763
Maria Jimenez 562-822-5563
www.compassionatefriendsoc.com

Forever Footprints

714-509-0065
(loss of baby in pregnancy or infancy)
info@foreverfootprints.org
www.foreverfootprints.org

Hoag Hospital Bereaved Support Groups

Josefina Kim 949-764-7025

Blind/Visually Impaired

Beyond Blindness

Ashley Yee 714-573-8888 x4014
ashley.yee@beyondblindness.org
www.beyondblindness.org

The Braille Institute

323-906-3112
bihernandez@brailleinstitute.org
www.brailleinstitute.org

Partners for Pediatric Vision

Diane Christian 714-451-6513
✧ Mackenzie Bello-Ponce 714-712-0745
partnersforpediatricvision@gmail.com

Brain Injury

Parents Helping Parents

Childhood Traumatic Brain Injury 408-727-5775
info@php.com, www.php.com

St. Jude Brain Injury Network

Adults 714-446-5626
SJBrainInjuryNetwork@providence.org
www.sjbin.org/

Cardiofaciocutaneous (CFC)

Costello Syndrome

Melinda Taylor 714-380-2906
myson1029@gmail.com

Cerebral Palsy

Inclusive Sol

Reena De Asis

<https://inclusivesol.com/resources/support-group/>

Cultural Groups

African-American/Black/Caribbean

Empowering Women of Color

Nellie Valentine 657-579-4150
nelliev@hs.uci.edu

Asian Indian

JEENA

Meena Bedekar

meena.bedekar@gmail.com
jeena.org

Chinese/Mandarin & Cantonese
Asian Family Assoc.for Disability Support
(AFADS) Formerly CPAD OC
Mimi Chou 714-267-6009
afads.info@gmail.com, https://afadsoc.org

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

Japanese
JSPACC (Japanese Speaking Parents Association of Children with Challenges)
Saori Ravanna 310-926-8719
summerkoba@gmail.com, www.jspacc.org

Spanish/Latino
✧Conexiones Educativas
Cecilia Mercado 714-398-4710
ceci.mercado@yahoo.com

Vietnamese - Tiếng Việt
Vietnamese Parents with Disabled Children Association (VPDCA)
Hung Gia Nguyen 714-527-9216
vpdcahun@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
cinfo@CaHandsandVoices.org
ahandsandvoices.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 Foundation Los Angeles
Lupe Martinez 310-670-2870
LMartinez@EpilepsyLosAngeles.org
https://epilepsylosangeles.org/

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

MUHSN (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
Luis Gomez 714-953-5428 x5020

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

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

Myotonic Dystrophy
Myotonic Dystrophy Foundation
Rose Albanese 562-355-1694
Support Group Facilitator for SoCal

Ostomy
United Ostomy Association 800-826-0826
Teri Stickle 714-637-7971
tls8689@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.rettsyndrome.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
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