Lanterman Regional Center's Support Groups

Support groups create a comfortable environment where people can meet, share information and resources with peers, and offer each other emotional support.

The support groups directly affiliated with the Koch ♦ Young Resource Center (KYRC) at Frank D. Lanterman Regional Center are co-led by families and Lanterman staff as part of a family-professional partnership. Groups are held in various languages, and many focus on a specific developmental disability and/or age range.

The Resource Center can also make referrals to other local, state and national groups in the event there is not a group listed here that meets your needs. If you see an unmet need, the Resource Center can also provide technical assistance for the development of new support groups.

The following is a listing of all existing support groups in our community. Call or e-mail the indicated contacts for more information about their group. This information is also available on Lanterman's Web site at www.lanterman.org/index.php/training/support_groups/C152.

Koch ♦ Young Resource Center at Lanterman Regional Center

3303 Wilshire Blvd., Ste. 700
Los Angeles, CA 90010

Phone: 213.383.1300, Ext. 5600 or 213.252.5600
800.546.3676

Contact:
Joe Perales, Family Support Specialist
213.252.4986, jperales@lanterman.org

E-mail: kyrc@lanterman.org
Web site: www.lanterman.org
Library: http://library.lanterman.org
Network of Care: http://networkofcare.lanterman.org
Peer Support Partner Program: www.lanterman.org/psm

LANTERMAN SUPPORT GROUPS

Lanterman reserves the right to only list support groups in this section that meet the following criteria:

- Leadership must have a relationship with and be trained by KYRC
- Must have a Lanterman service coordinator (SC) liaison
- Must be open to receiving technical assistance from the KYRC
- Must be located within Lanterman's catchment area

Armenian Parent Support Group
For families of children with special needs all ages.
(in Armenian)

Library Connection at Adams Square
1100 E. Chevy Chase Dr.
Glendale, CA 91205

Monthly - Third Tuesday - 6:30 p.m. to 8:30 p.m.

Contacts:
Arpi Khanjian (SC) 213.252.6690
Akhanjian@lanterman.org
Talin Davidian (SC) 213.252.6668
Tdavidian@lanterman.org

California Sibling Leadership Network
For adult siblings of individuals with special needs.
(in English)

Urth Caffe
451 S Hewitt Street
Los Angeles, CA 90013

November 27 & December 17 - 2:00 p.m. to 4:00 p.m.

Contact:
Jackie Moreno, 626.318.9267
jacquelinevictoria90@gmail.com

daDA Fathers Regional Support Network
For fathers of children with special needs of all ages.
(in English)

Denny's Restaurant
3060 N. San Fernando Rd.
Los Angeles, CA 90065

Monthly – Second Monday - 7 p.m. to 9 p.m.

Contacts:
Eduardo Solis, 323.578.5154
edsolis@yahoo.com
Hector Gravina (SC), 213.252.5676
hgravina@lanterman.org

De Mi Familia A Su Familia
For families of children with autism of all ages.
(in Spanish)

Lanterman Regional Center
3303 Wilshire Blvd. 1st floor- KYRC Conference Room
Los Angeles, CA 90010

Monthly – First Wednesday - 10 a.m. to 11:30 a.m.

Contacts:
Bertha Suazo, 213.413.4280
Zulma Mena, 213.215.9121
Anabel Vasquez (SC), 213.252.6092
Avasquez@lanterman.org

Grupo de Apoyo Para Familias de Intervención Temprana *For families of children with special needs between the ages of birth to 5 years. (in Spanish)* Lanterman Regional Center 3303 Wilshire Blvd. 1st floor- KYRC Conference Room Los Angeles, CA 90010 Monthly – Second Wednesday - 9 a.m. to 11 a.m. ***Contacts*:** **Agustina Mellin, 213.427.6298** **Monica Mauriz (SC), 213.252.5686** **Mmauriz@lanterman.org**	**Japanese-Speaking Parents Association of Children with Challenges** *For families of children with special needs of all ages. (in Japanese)* Monthly – Third Saturday - 9:30 a.m. For more information Visit website: **www.jspacc.org** ***Contacts*:** **Mariko Magami 818.625.5115** **Mami Noguchi 818.282.0317** **info@jspacc.org**
Korean Parent Support Group ~ **Asian Advocate for Special People** *For families of children with special needs of all ages. (in Korean)* Lanterman Regional Center 3303 Wilshire Blvd. 1st floor- KYRC Conference Room Los Angeles, CA 90010 Monthly – First Friday - 10 a.m. to 12 p.m. ***Contacts:*** **Ms. Linda An,** **Lantermankpsg@gmail.com** **www.Lantermankoreanparents.weebly.com** **Jamie Cha-McGrath (SC), 213.252.6624** **JMcGrath@lanterman.org**	**La Esperanza** *For families of children with developmental disabilities 15 years and older. (in Spanish)* Lanterman Regional Center 3303 Wilshire Blvd. 1st floor- KYRC Conference Room Los Angeles, CA 90010 Monthly – Second Monday - 9:30 a.m. to 11:30 a.m. ***Contacts*:** **Maria Sanchez, 213.926.1865** **Maria Celedon, 213.618.2753** **Anita Castillo-Pafford (SC), 213.252.6642** **ACastillo@lanterman.org**
LGBT Support Group (Lesbian, Gay, Bisexual, Transgender) *For clients with special needs* Los Angeles LGBT Center The Village at Ed Group Place 1125 N. McCadden Place. Los Angeles CA 90038 Monthly – Second Wednesday - 6pm to 8pm **Contact:** **Jenny Arellano (SC), 213.252.6004** **JSArellano@lanterman.org**	**Padres Unidos Lanterman** *For families of children with developmental disabilities of all ages. (in Spanish)* Children's Hospital Los Angeles ~ Conference Room "Page" 4650 Sunset Blvd. Los Angeles, CA 90027 Monthly – Second Tuesday -7 p.m. to 9 p.m. **Contacts:** **Mario Zelaya, (SC) 213.252.8316** **MZelaya@lanterman.org**
Parents Collaborate Support Group *For families of individuals with developmental disabilities of all ages. (in English)* Koch Young Resource Center (KYRC) Lanterman Regional Center 3303 Wilshire Blvd 1ST Floor Conference Room Monthly - Last Friday - 9:00am to 10:30am. **Contacts:** **Elizabeth Beltran, 213.748.3999** **Brigitte Sroujieh, 818.606.7028** **Dana Sunderland (SC), 213.252.8374** **dsutherland@lanterman.org**	**Sibling Saturdays** *Recreational support group for siblings ages 5 to 12 of individuals with developmental disabilities.(in English)* Pasadena Child Development Associates 620 N. Lake Ave., Pasadena, CA 91101 Weekly – Saturdays - 1 p.m. to 2:30 p.m. ***Contact:*** ***Jessica Moya*, 626.793.7350, x. 287** **jessicav@pcateam.org**

Teatro Ilusión
A theatrical group for children with developmental disabilities and their families. (in Spanish)

Shriners Hospital
3160 Geneva St.
Los Angeles, CA 90020
(Virgil Avenue and Third Street)

Weekly – Thursday - 6 p.m. to 8 p.m.

Contact:
Yolanda Hernandez, 562.453.6695

COMMUNITY GROUPS

Lanterman reserves the right to only list community organizations in this section that meet the following criteria:

- Group leadership must have a relationship with Lanterman
- Events must be inclusive to all community members
- Meetings must be conducted within Lanterman's catchment area

Armenian Autism Outreach Project ~ AAOP
For families of children with developmental disabilities of all ages. (in Armenian)

Armenian Outreach Project
320 Arden Ave. Ste. 240
Glendale, CA 91203

Contact:
818.542.AAOP,
info@armenianautismoutreach.org,
www.armenianautismoutreach.org

Club 21
Learning, social and support programs for families with children of all ages with Down Syndrome. (in English)

Pasadena Covenant Church
539 N. Lake Ave.
Pasadena, CA 91101

Contact:
626.844.1821
info@clubtwentyone.org, www.clubtwentyone.org

Down Syndrome Parent Resource Network ~ San Gabriel Valley Sub-group of the Down Syndrome Association of Los Angeles (DSALA)
For families of children with Down syndrome. (in English)

Cornerstone Speech and Language
711 Mission St., Ste. B
Pasadena, CA 91030

Monthly – Second Thursday - 7 p.m. to 9 p.m.

Contact:
818.786.0001, info@dsala.org, www.dsala.org

Epilepsy Foundation
For families of children with epilepsy of all ages. (English and Spanish)

5777 W. Century Blvd., Suite 820
Los Angeles, CA 90045

Monthly groups

Contact:
310.670.2870
800.564.0445
www.end-epilepsy.org

Foothill Autism Alliance ~ Network Resource Meetings
Educational group for families of children with autism. (in English)

Westmoreland Academy
6 Westmoreland Pl.
Pasadena, CA 91103

Monthly – Second Wednesday - 7 p.m. to 9:30 p.m.

Contact:
818.66.AUTISM (818.662.8847),
info@foothillautism.org, www.foothillautism.org

TACA ~ Talk About Curing Autism
Parent meetings that feature educational speakers and peer support for parents of children with autism. (in English)

Burbank First United Methodist Church
700 N. Glenoaks Ave.
Burbank, CA 91502

Monthly – Third Saturday - 1 p.m. to 3:30 p.m.

Contacts:
Holly Riley and Moira Giammatteo,
holly_riley@tacanow.org, www.tacanow.org