FRANK D. LANTERMAN REGIONAL CENTER

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 email KYRC Help Desks or below indicated contacts to get more information on the groups. This information is also available on Lanterman's website at: https://lanterman.org/support_advocacy/support-groups.

Lanterman Regional Center 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 be open to receiving technical assistance from the KYRC
Must be located within Lanterman's catchment area

*Date and times of the meetings may be subject to change.
*Hybrid meetings are held via Zoom and in-person
Please contact the KYRC Help Desk to confirm the time/location of the meeting.

ARMENIAN PARENT SUPPORT GROUP
For families of individuals with developmental disabilities of all ages. (Language: English & Armenian)

Meeting virtually on Zoom,
Monthly on the 3rd Tuesday, 6:30 PM - 8:30 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/83304450888

FILIPINO PARENTS SUPPORT GROUP
For parents and caretakers of individuals with developmental disabilities.
(Language: English)
Tagalog Interpretation available upon request

Meeting virtually on Zoom,
Monthly on the 3rd Thursday , 6:00 PM - 8:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/82733827213

CHINESE PARENT SUPPORT GROUP
For families of individuals with developmental disabilities of all ages. (Language: Chinese)

Meeting in person at Chinatown Service Center and via Zoom (hybrid meeting)
Monthly on the 2nd Wednesday, 10:00 AM - 11:30 AM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/86165756020

GRUPO DE APOYO LANTERMAN

For families of individuals with developmental disabilities. (Language: Spanish)

Meeting hybrid
Monthly on the 2nd Wednesday, 10:00 AM - 12:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/87865811086

DE MI FAMILIA A SU FAMILIA

For families of individuals with Autism of all ages. (Language: Spanish)

Meeting virtually on Zoom and hybrid once a quarter,
Monthly on the 1st Wednesday, 10:30 AM - 12:30 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/85743508636

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

For families of individuals with special needs of all ages. (Language: Japanese)

Contact for more information:
Mami Noguchi 818-282-0317
Michiko Magami 818-625-5115

KOREAN PARENT SUPPORT GROUP

For families of individuals with developmental disabilities of all ages.
(Language: Korean)

Meeting virtually on Zoom,
Monthly on the 4th Tuesday, 10:00 AM - 12:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/83149703952

LA ESPERANZA

For families of individuals with developmental disabilities 15 years and older.
(Language: Spanish)

Meeting Virtually on Zoom,
Monthly on the 2nd Monday, 6:00 PM - 8:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/84757116739

PADRES UNIDOS LANTERMAN

For families of individuals with developmental disabilities of all ages.
(Language: Spanish)

Meeting virtually on Zoom,
Monthly on the 2nd Tuesday, 6:00 PM - 8:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/82228162986

PARENTS COLLABORATE SUPPORT GROUP

For families of individuals with developmental disabilities of all ages.
(Language: English)

Meeting virtually on Zoom,
Monthly on the last Friday, 10:00 AM - 12:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/89669462152

BLACK FAMILIES SUPPORT GROUP

For black families of individuals with developmental disabilities of all ages.
(Language: English)

Meeting Hybrid
Monthly on the last Tuesday, 10:00 AM-12:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/meeting/register/otLwt0wqR7aFlZ8BralBxA

RUSSIAN PARENT SUPPORT GROUP

For families of individuals with developmental disabilities of all ages.
(Language: Russian)

Meeting virtually on Zoom,
Monthly on the 1st Wednesday, 6:00 PM - 8:00 PM

SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/j/87296266656

SDP SUPPORT GROUP

For FDLRC families participating in or interested in Self-Determination Program.
(Language: English, interpretation available upon request)

Meeting virtually on Zoom,
Monthly on the last Wednesday, 10:00 AM - 12:00 PM

Register in advance for this support group meeting
SCAN QR Code for Zoom meeting link:
https://us02web.zoom.us/meeting/register/tZcpc-igqzIqG9NWKqOPFHDCZeM2eeIH38KW

SIBSHOPS

Recreational support group for siblings of individuals with developmental disabilities.
Ages 7-14 (Language: English)

Meeting virtually on Zoom,
Monthly on the 4th Tuesday, 4:30 PM - 6:00 PM

Register in advance for this support group meeting:
https://us02web.zoom.us/meeting/register/tZYvceirrzIuGNPvPvlly9RyYGy3FelVcRJp

FOR ANY INQUIRIES ON SUPPORT GROUPS, PLEASE CONTACT
KYRC WILSHIRE 213-252-5600 OR kyrc@lanterman.org
KYRC BRAND 213-212-8194 OR glendalekyrc@lanterman.org

Los Angeles: 3303 Wilshire Blvd, First Floor,
Los Angeles, CA 90010
Phone: 213-252-5600 or 213-383-1300 ext. 5600
kyrc@lanterman.org

Glendale: 611 N. Brand Blvd, #600,
Glendale, CA 91203
Phone: 213-212-8194
glendalekyrc@lanterman.org

Website: www.lanterman.org
Library: library.lanterman.org
Network of Care: www.lanterman.networkofcare.org
Peer Support Partner Program: www.lanterman.org/psm

UPDATED OCT 2026

Koch • Young
RESOURCE CENTER