



STATE OF CONNECTICUT

COUNCIL ON DEVELOPMENTAL DISABILITIES



You are not alone!

Connecticut has a strong community of private organizations that advocate for people who live with developmental disabilities and their families.

The **Arc of Connecticut**, <https://www.thearcct.org/>, is committed to protecting the rights of individuals with Intellectual and Developmental Disabilities and promoting opportunities for their full inclusion in their communities.

Mental Health Connecticut, <https://www.mhconn.org/advocacy/>, works to improve mental health services, promote long-term wellness for people with mental health conditions, educate the community, and combat discrimination.

The **CT Family Support Network**, <https://ctfsn.org/>, supports families raising children with disabilities and special healthcare needs by sharing information and resources that empower them to be heard and to be their own best advocate.

Parents Available to Help, <https://pathct.org/>, provides information and emotional support to families who have a child with developmental or health-related needs.

The **Down Syndrome Association of Connecticut**, <https://mydsact.org/>, encourages intentionally inclusive communities while providing resources and support to individuals who live with Down syndrome and their advocates.

The **Keep the Promise Coalition**, <https://ktpcoalition.org/>, unites and empowers all people living with mental health, addiction, and co-occurring conditions and their allies to advocate for comprehensive, equitable, and recovery-oriented public policy.

People First of CT, <https://www.ctpeoplefirst.com/>, is a volunteer group of self-advocates with intellectual and developmental disabilities. People First of CT advocates that ALL people – with and without disabilities – are treated with equity.

The **CT State Independent Living Council**, <https://ctsilc.org/>, identifies the needs of the Independent Living community and jointly with the five Centers for Independent Living, develops a State Plan for Independent Living to respond to those needs.