



Support Networks for Adults				
Organization	Service Description	Address	Contact Number	Website / Email
A little Compassion - The Nest Coffee House	Offers an array of activities for teens and young adults as well as family events. Gatherings are open to all with an emphasis on welcoming young adults with disabilities who have been searching for a place to make new friends, hangout and have fun. Activities include but are not limited to: game nights, painting and drawing, trivia nights, book clubs, acoustic nights, anime/manga nights, and much more. All Nest Gatherings are FREE.	162 Main Street, Deep River, CT 06417	860-322-3090	https://thenestcoffeehouse.org/
Asperger/Autism Network (AANE)	Offers a variety of adult support groups and community connections program.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/support-groups/
Asperger/Autism Network (AANE)	AANE offers a Life Management Assistance program (LifeMap) which is an intensive and individualized life coaching program for individuals with Asperger profiles. Services are offered to parts of Connecticut and can be accessed in person or online. There are a variety of LifeMap programs which include transition planning out of high school, life skills coaching or job finding assistance.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	https://www.aane.org/resources/adults/lifemap-coaching/
Autism Families of Connecticut	Offers a variety of social and recreational activities for both youth with ASD and their families. The goals include creating a social environment, promoting social skills, listening and communicating.	600 North Mountain Road, Newington, CT 06111	860-474-3444	http://www.autismfamiliesct.org/programs/

<p>Autism Parent's Club</p>	<p>Parents with children on the Autism Spectrum in Fairfield County, CT. Join us for a great evening out and meet other parents with children on the Autism Spectrum (Autism, PDD-NOS, Aspergers, Atypical Autism). Parents are encouraged to share stories, learn about area resources and events, discover different interventions and learn to advocate for their child from other experienced parents. The group meets at 7:30 p.m. on the last Tuesday of the month at Zios Italian Restaurant located at 1 Danbury Road in Wilton, Connecticut.</p>	<p>1 Danbury Road, Wilton, CT</p>	<p>Patti Sylvia at 203-761-0248, or email at pattisylvia@aol.com</p>	<p>Jose Tirado Crawford at jtjcvcc@optonline.net ; Patti Sylvia at 203-761-0248, or email at pattisylvia@aol.com</p>
<p>Autism Services & Resources Connecticut (ASRC)</p>	<p>Offers support groups, workshops, trainings and other educational opportunities for adults and teens with Autism Spectrum Disorders meets monthly (in Wallingford and Middletown)</p>	<p>101 North Plains Industrial Road, Harvest Park, Wallingford, CT 06492</p>	<p>203-265-7717</p>	<p>www.ct-asrc.org</p>
<p>Autism Speaks</p>	<p>The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families.</p>	<p>locations vary</p>	<p>1-888-288-4762</p>	<p>https://www.autismspeaks.org/about-us</p>
<p>Autism Speaks</p>	<p>Grief and Bereavement Resources- Resources to help support you or your child while experiencing grief</p>	<p>n/a</p>	<p>1-888-288-4762</p>	<p>https://www.autismspeaks.org/grief-and-bereavement-resources</p>
<p>Autism Speaks</p>	<p>Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism</p>	<p>n/a</p>	<p>1-888-288-4762</p>	<p>https://www.autismspeaks.org/autism-and-your-family</p>
<p>Autism Speaks</p>	<p>Autism Speaks: My Autism Team. An online social network for parent of kids with Autism. Offers support and resource information from parents.</p>	<p>n/a</p>	<p>1-888-288-4762</p>	<p>https://www.myautismteam.com/</p>
<p>Best Buddies CT</p>	<p>BESTBUDDIES® builds one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), through school and community friendship programs that provide socialization opportunities to help erase the invisible line that often separates students or adults with and without IDD. Friendship programs include Best Buddies Middle Schools, High Schools, Colleges, Citizens, and e-Buddies.</p>	<p>175 Capital Blvd, Suite 402, Rocky Hill, CT 06067</p>	<p>203-234-3996</p>	<p>https://www.bestbuddies.org/</p>

Best Buddies CT	e-Buddies promotes social inclusion online for people with intellectual and developmental disabilities	101 Southeast Second Street, Suite 2200 Miami, FL 33131	1-305-374-2233	https://www.bestbuddies.org/what-we-do/ebuddies/
Beyond My Battle	Online support group and educational resources for those individuals with serious illness, rare disease, and disabilities. Support is also available for caregivers.	112 W Circular St, Saratoga Springs, NY 12866	(518) 328-4939	www.beyondmybattle.org
Center for Disability Rights	Offers Helping Each Other Succeed cross-disability support groups in the following towns: Shelton; Derby; Ansonia; Seymour; Bethany; New Haven; East Haven; Hamden; North Haven; Wallingford; Durham; Meriden; Southington; Middlefield; Middletown; North Branford; Branford; Guilford; Old Saybrook; Killingworth; Deep River; Chester; Haddam; East Haddam; East Hampton; and Portland. Meeting times vary monthly, call for dates and time.	369 Highland Street, West Haven, CT 06516	203-934-7077 ext. 12	http://cdr-ct.org/
Connecting to Care	Provides care coordination services to assist families in connecting and building supports for their children who have serious mental/behavioral health challenges. A referral can be made by a community agency or a self-referral from a family. Care coordination supports are intended for youth up to the age of 18 or older if still in school.	various collaboratives throughout the state-please visit the website	various collaboratives throughout the state-please visit the website	connectingtocarect.org
Circle of Friends	Circle of Friends is a volunteer organization that reaches out to children, teens and young adults with special needs in Fairfield County, CT and involves them in a full array of inclusive, social experiences. Our innovative programming of home visits, play dates and social interactions, is designed to foster a relationship between children, teens and young adults with special needs and community teenage and young adult volunteers. Call for more information on the Circle of Friends and other events.	40 King Street, Norwalk, CT 06851	203-866-0534	www.circleoffriendsct.org

Circle of hope Parents - Greater Bridgeport Community Resource Collaborative	This is a group for parents who have children with behavioral health needs who want to network and receive support. When: Every Wednesday from 6:00 PM- 7:00 PM	583-585 East Main St, Bridgeport, CT 06608	Audra Holmes-Greene 203-999-6063	n/a
Circle of Moms	Provides support to mothers/guardians who are in need of friendship, support, guidance, connection to resources, and prosocial family focused activities. Father's are invited. Contact facilitator for information. Meetings held on Wednesdays. Anytime there is a meeting, diner is provided. During the pandemic, the meetings have been held at Henry Park in Vernon or virtually.	United Methodist Church on Grove Street, Vernon, CT	Vicki White, 860-221-4856 ; circleofmomsvernon@gmail.com	n/a
Clifford Beers Guidance Clinic	Marne Street Clinic offers comprehensive care including parent support groups and social skills groups for children and siblings.	41 Marne Street, New Hamden, CT 06513	203-691-9383	www.cliffordbeers.org
Community Autism Social at Yale (CASYS)	Community Autism Socials at Yale (Project CASY) is a university-organized, online, and local community of individuals living with autism, and the families, friends, and professionals involved in their lives. The main purpose is to promote a high quality of life for individuals living with autism. In person meetings typically occur weekly. Call for more information.	230 S Frontage Rd, Rm G-130 New Haven, CT 06519-1124	203-927-3970	https://www.meetup.com/ProjectCASYS/
Community Autism Social at Yale (CASYS)	Project CASY hosts a variety of educational, social, and supportive activities for personal development and community fun.	Clifford Beers Clinic- 93 Edwards Street, New Haven, CT 06511	Carmen- 203-954-5050 or Monica- 540-429-5367	https://www.meetup.com/ProjectCASYS/
Barbara's House (formerly known as Community Centers, Inc.)	Support groups for young people and adults with developmental disabilities meet weekly. Provide support in a group environment and group members can seek out counseling.	2 St Roch Avenue, 2nd fl. Greenwich, CT 06830	203-869-1276	Home Barbara's House (barbarashousect.org)

Connecticut Family Support Network (CTFSN)	Offers many support groups, both in person, over the phone, and online. Support groups allow individuals to network, gain access to resources and learn from guest speakers. CTFSN provides supports in different regions throughout the state. Some supports groups may be available in Spanish.	Main: 377 Hubbard Street #1, Glastonbury, CT 06033.	1-877-376-2329	https://ctfsn.org/
Connecticut Parent Advocacy Center (CPAC)	Support groups for parents and families of children with special needs can be an excellent source of information, resources and of course, support. CPAC helps connect parents to groups in their area. View the links for information about finding a support group in your area or starting a parent support group.	338 Main Street, Naictic CT 06357	860-739-3089	https://cpacinc.org/
CT Families for Effective Autism Treatment (CT FEAT)	An online forum where many hundreds of Connecticut families share information and support.	P.O. Box 370352, West Hartford, CT 06137	contact via email info@ctfeat.org	http://www.ctfeat.org/listservrules.htm
Destiny Outreach	This is a group for parents who want to network and make effective changes within their community. 1st & 3rd Tuesday of every month from 4-6 p.m. East Hartford Cultural Center, East Hartford, CT	50 Chapman Place, East Hartford, CT 06108	860-726-3646	n/a
Easterseals Capital Region & Eastern CT	PEERS Social Skills for young adults ages 18-35 who are interested in making and keeping friends and/or developing romantic relationships. There is a fee, financial aid may be available.	100 Deerfield Road, Windsor, CT 06095	860-270-0600 Ext. 100	E-mail: medrehab@escrec.org
Family Advocacy Program (FAVOR)	The Family Peer Support Program provides direct peer support services to families with children who have medical, mental, or behavioral health challenges. Our Family Peer Support Specialists assist families who need to navigate the special education and mental health care service systems	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232	www.favor-ct.org
Family Friendly Event	Provides support to families of children with special needs as well as their typical siblings by providing monthly opportunities for free outings. Every 3rd Friday evening or Saturday of the month.	34 East Town Street, Norwich, CT 06360	Susan Hostnik, 860-822-4335 & Christie Beausoleil, 860-861-1100	n/a

FOCUS Center for Autism	Agency offers monthly support groups for parents of children with autism which are open to the public. Free childcare is provided for children and their siblings 5 years of age or older. Virtual support groups are also available.	326 Albany Turnpike, Suite 2A, PO Box 452, Canton, CT 06019	860-693-6127	https://focuscenterforautism.org/adult-support-services
Friends of Autistic People	Charitable organization advocates for appropriate services for adults with ASD throughout the lifespan. Organization offers parent workshops and music therapy.	974 North Street, Greenwich, CT	203-661-8510	https://www.autisticadults.org/contact.html
GRASP	The Global and Regional Asperger Syndrome Partnership was created to improve the lives of adults and teens on the autism spectrum through community outreach, online support, education, and advocacy. Membership is free.	369 Lexington Avenue, 2nd fl, New York, NY 10017	1-888-474-7277	https://grasp.org/
Independence Unlimited	Independence Unlimited Youth Transitions Project increases the participation of youth with disabilities and their parents in the process of planning for their transition into adulthood. This includes self advocacy, skills training, service linkage and outreach.	151 New Park Ave., North Annex suite D, Hartford, CT 06106	860-523-5021	https://www.independenceunlimited.org/index.php/our-programs/youth-transitions
Institute of Living	Offers various support groups such as substance abuse education, Lesbian/Gay/Bisexual/Transgender support, Autism Spectrum support, Mental Illness support, support services, and resources. Support programs are provided for those in need, their family members, and caregivers. Visit the website below for a complete list of support group locations, times and contact information.	200 Retreat Avenue, Hartford, CT 06106	860-545-7665	https://instituteofliving.org/programs-services/family-resource-center
It takes a Village	A support group for grandparents raising children with behavioral health challenges. First Tuesday of the month 11-12 p.m. Virtual supports may be available.	233 Retreat Avenue, Hartford, CT	Raleigh Leggett, 860-639-6752	n/a

Kennedy Center Autism Project	<p>The Autism Project's respite groups and specialty programs provide opportunities for children, teens and young adults with Autism to engage with others.</p>	<p>2440 Reservoir Avenue, Trumbull,CT 06611</p>	<p>203-365-8522</p>	<p>http://www.thekennedycenterinc.org </p>
LARC Autism Resource Center	<p>LARC Autism Resource Center provides services and supports recognized as being beneficial to children and youth with ASD. The center offers opportunities for socialization, special events, parental support, financial and legal resources. Social groups provide opportunities for children and youth to engage in activities that promote socialization, support with individual goals as well as form friendships.</p>	<p>314 Main Street, Torrington, CT 06790</p>	<p>860-482-9364 ext: 350</p>	<p>https://www.litchfieldarc.org/larc-autism-resource-center.html</p>
LARC Autism Resource Center	<p>LARC Autism Resource Center offers a FREE teen after school program for both the individual on the spectrum and their families. For ages 13-22 that have not yet graduated from the school district and are independent in Toileting/hygiene, not at risk of elopement and do not engage in violent/aggressive behaviors. Weekly schedule is Mondays 2:30pm-4pm</p>	<p>314 Main Street, Torrington, CT 06790</p>	<p>Contact Person: Nerissa Casanova- 860-482-9364 ext: 350 or ncasanova@litchfieldarc.org</p>	<p>https://www.litchfieldarc.org/larc-autism-resource-center.html</p>
MyAutism Team	<p>free social network for parents of kids with autism. With over 30,000 parents registered on the site, you can find parents just like you based on where you live, the age of your child, your child's sub-diagnosis and developmental needs, and gender. Parents share tips, support, and photos, as well as ask and answer each others' questions. In addition, there is a searchable provider directory of over 35,000 autism specialists and autism-friendly providers constantly updated by parents on the site. MyAutismTeam is the official social network and resource guide for Autism Speaks.</p>	<p>n/a</p>	<p>n/a</p>	<p>https://www.myautismteam.com/</p>

<p>Next Steps 1</p>	<p>Provides parents with a safe, comfortable environment to vent their frustrations, challenges, fears, knowledge and positive experiences with other parents in the Southington area. Group meets every 4th Tuesday of the month from 6-7:30 p.m. No groups being held in the months June-August.</p>	<p>The Summit at Plantsville, 261 Summitt St, Plantsville, CT 06479</p>	<p>Carrie Foligno & Lori Powell, 860-302-6543</p>	<p>n/a</p>
<p>Old Saybrook Youth and Family Services</p>	<p>Monthly support groups for parents, grandparents and other caregivers of children diagnosed with high-functioning autism (formerly Asperger's Syndrome). The group meets on the 2nd Thursday of each month, 12:30-2:00 p.m. in-person at Old Saybrook Youth & Family Services, and via Zoom in the evening of that same day, 6:30-8:00 p.m. Each month we discuss a specific, timely topic pertaining directly to our (grand)children on the Spectrum; handouts pertaining directly to the topic of discussion are distributed by email after each group. Meetings are open to anyone for whom this group would be an encouragement and a support.</p>	<p>322 Main Street Old Saybrook, CT 06475</p>	<p>860-395-3190 or Joanne Deal at joannebakerdeal@gmail.com</p>	<p>www.oldsaybrookct.gov/youth-and-family-services</p>
<p>Organization for Autism Research</p>	<p>Offers guides designed for parents and young children/teenagers of siblings with autism. The resources aim to provide support to both parents and siblings, answer autism-related questions or concerns, and tips to help facilitate these relationships.</p>	<p>2000 N. 14th Street, Suite 300 Arlington, VA 22201</p>	<p>(866) 366-9710</p>	<p>https://researchautism.org/</p>
<p>Padres Abriendo Puertas</p>	<p>Support group for Hispanic parents/caregivers of children with special needs meets on the third Tuesday of the month at 4:30pm. Professionals and others who are interested in learning more about raising a child with special needs are welcome to attend. There is also an online support groups that is available.</p>	<p>Workspace, 903 Main Street, Manchester, CT 06040</p>	<p>860-809-1194</p>	<p>http://padresabriendopuerta.wix.com/pap-website</p>

<p>Parents Supporting Each Other: Sponsored by Community Raising Children, the Northeast System of Care</p>	<p>A support and information group for parents of children, youth and young adults navigating their behavioral health. Meetings held via zoom from 6pm-7pm on every first Wednesday of the month.</p>	<p>via zoom until further notice: Normally held at United Services, 1007 N Main St., Dayville, CT 06341</p>	<p>Lisa Girard : 860-333-7127</p>	<p>n/a</p>
<p>Pathfinders for Autism</p>	<p>A Maryland-based website offering "Parent Tips" articles on a variety of topics</p>	<p>235 Schilling Circle, Suite 103, Hunt Valley, MD 21031</p>	<p>443-330-5370</p>	<p>https://pathfindersforautism.org/</p>
<p>Raisingchildren.net .au</p>	<p>Provides some ideas for building supportive relationships with the your extended family and friends</p>	<p>n/a</p>	<p>n/a</p>	<p>https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/family-friends-asd</p>
<p>Southbury Area Autism Support Group (hosted by CTFSN)</p>	<p>Support group for parents and caretakers of tweens and teens with ASD. Typically held on every second Tuesday of the month from 7-8pm.</p>	<p>Southbury Public Library, 100 Poverty Road, Southbury, CT</p>	<p>contact Rachel Keesler at rkeesler@ctfsn.org or Adrianna Ramirez at aramirez@ctfsn.org</p>	<p>https://ctfsn.org/</p>
<p>Spanish Community of Wallingford</p>	<p>Support groups help parents learn skills to appropriately advocate for their families. Also provides assistance with connecting families to appropriate social services in the community, including but not limited to completing applications, making appointments, connecting with service providers, translation and interpretation of documents, and much more.</p>	<p>284 Washington Street, Wallingford, CT 06492</p>	<p>203-265-5866</p>	<p>http://www.scowinc.org/</p>

Stamford Education 4 Autism	Organization provides educational opportunities and supportive services to the Autism Spectrum Disorder population and their families, within the greater Stamford Community.	1127 High Ridge Road PMB #315 Stamford, CT 06905	203-322-9767	https://stamfordeducation4autism.org/
Sun, Moon & Stars, Inc.	Agency runs events and activities in the Greater Watertown area. Also offers support groups for parents with children on the spectrum at no cost. Virtual platforms are being offered.	P.O. Box 563, Watertown, CT 06795	203-510-9931	https://www.sunmoonandstars.org/
Torrington Area Families for Autism (TAFa)	a non profit focused on increasing autism awareness, acceptance and inclusion in Torrington and Northwestern Connecticut. We offer monthly autism support group meetings every first Monday of the month at 6 PM via Zoom during the pandemic and we offer monthly parent information/ training sessions every second Thursday of the month at 6 PM via Zoom during the pandemic. We are also slowly re-introducing social events/ outings or our families which can all be found on our website	314 Main Street, Torrington, CT 06790	860-482-9364	www.TAFaInc.org
The Arc Autism Now	Information Specialist are available to help individuals on the spectrum and their families by providing education, resources and support.	1825 K Street NW, Suite 1200 Washington, DC 20006	1-855-828-8476	https://autismnow.org/what-we-do/call-center/
The Autism Mom Coach	1-to-1 coaching program designed specifically to teach high-achieving mothers of children with ASD how to become the Solid Object, and thrive. Free trainings, podcasts, in-person and virtual presentations can be requested. Visit the website to schedule a consultation.	n/a	lisa@theautismmomcoach.com	https://theautismmomcoach.com/
West Haven Parent Support Group	The Local System of Care, Parent Support Group is for parents, guardians, care givers, family members, and friends of children with various special needs. Child care is available. Group meets the 2nd Monday of each month from 6:30pm to 8:30pm.	City Hall, 355 Main Street, West Haven, CT 06516	Karen Muro, karenmmuro@aol.com or Wendy Harkin 203-937-3565	http://www.mywhinc.org/whparentsupportgrp.htm

Wrong Planet	Wrong Planet is the web community designed for autistic individuals (and parents / professionals of those) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. We provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.	n/a	n/a	https://wrongplanet.net/
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