



Support Networks for Youth and Peers				
Organization	Service Description	Address	Contact number	Website
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/
Autism Families Connecticut	Friday Night Teen Socials: A monthly program where teens ages 13 to 19 with autism can hang out, sing, dance, and play games. Programs include a a variety of social activities including music, dancing, karaoke, games, refreshments, and most importantly, friendships. This program is FREE. Virtual opportunities being offered.	600 North Moutain Road, Newington, CT 06111	860-474-3444	http://www.autismfamiliesct.org/programs/friday-night-teen-socials/
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 Moutain Road, Newington, CT 06111	860-474-3444	http://www.autismfamiliesct.org/programs/

Autism Services & Resources Connecticut (ASRC)	Offers support groups, workshops, trainings and other educational opportunities for adults, teens and children with Autism Spectrum Disorders meets monthly (in Wallingford and Middletown)	101 North Plans Industrial Rd, Wallingford , CT 06492	203-265-7717	www.ct-asrc.org
Autism Speaks	Grief and Bereavement Resources- Resources to help support you or your child while experiencing grief	varies	1-888-288-4762	https://www.autismspeaks.org/grief-and-bereavement-resources
Best Buddies CT	BESTBUDDIES® one-to-one friendship programs helps people with and without intellectual and developmental disabilities (IDD), build socialization opportunities through school and community friendship programs. Use the reference map to find a friendship program near you.	100 Southeast Second St, Suite 2200, Miami, FL 33131		https://www.bestbuddies.org/connecticut/
Best Buddies CT	e-Buddies promotes social inclusion online for people with intellectual and developmental disabilities	100 Southeast Second St, Suite 2200, Miami, FL 33131	1-305-374-2233	https://www.bestbuddies.org/connecticut/
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	Cross-disability support group offers speakers, group discussions, raps and other social activities for people regardless of age or type of disability. Meeting times vary monthly, call for dates and time. Occasionally the group has outings or field trips to Disability Expos or other cultural events.	369 Highland Street, West Haven, CT 06516	203-934-7077	http://cdr-ct.org/

Circle of Friends	Network of friends for children and teens with special needs. Social activities occur in both one on one and in group settings. For a schedule of the Sunday Circle/Teen Scene Events or Adult Socials and for more information on all of our programs	40 King Street, Norwalk, CT 06851	203-866-0534; circlefriend sct@gmail.com	https://www.circleoffriendsct.org/
Circle of Hope Youth- Greater Bridgeport Community Resource Collaborative	This is a group for YOUTH who are siblings to a child with behavioral health needs. Aimed at improving wellness and stress reduction. Children have to be able to function in a group setting. When: Every Saturdays 1:30PM – 2:30PM. **Currently inactive. May begin again in October 2023. Call for more details**	583-585 East Main St, Bridgeport, CT 06608	Jeanine Reed (director at Full Circle)- 203-980-6530	n/a
Clifford Beers	Offers a variety of social activities and support groups for children, teens and young adults, including but not limited to Girls Circle Group, Identity Group, young Teen Group, Adolescent Group, social skills groups, and teen/young adult social skills groups.	93 Edwards Street, New Haven, CT 06511	203-772-1270	https://www.cliffordbeers.org/
Barbara's House (formerly known as Community Centers, Inc.)	Support groups for young people and adults with developmental disabilities offer peer support, counseling and socialization.	61 Putnam Avenue, Greenwich, CT 06830	203-869-1276	http://ccigreenwich.org/special-needs-groups/
Connecticut Family Support Network (CTFSN)	Offers many support groups, both in person, over the phone, and online (young adults, tweens and teens). 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.	377 Hubbard Street #1, Glastonbury, CT 06033	1-877-376-2329	http://www.ctfsn.org/
CT Secondary Transition Youth Advisory Board	Is an initiative within the CT Secondary Transition Community of Practice, a Secondary Transition Youth Advisory Board was created to provide a place for students and youth with disabilities ages 14 to 26 to have their voices heard by the people who plan for students and provide them support.	n/a	Nicole Vitale ; vitale@ctserc.org or 860-632-1485 ext. 234.	https://portal.ct.gov/SDE/Special-Education/Secondary-Transition/Professional-Learning-Opportunities/Special-Education-Youth-Advisory-Council

Empower Hour Girls Program	Provides services at McDonough and Milner schools. Provides a virtual programming for teen girls during the school year. Saturday events are provided with the Hartford Project during the summer.	n/a	Contact Tanya Gordon at empowerhourgirls@gmail.com	n/a
Destiny Outreach	This is a group for parents who want to network and make effective changes within their community. 2nd & 4th Tuesday of every month from 6-8 p.m. East Hartford Cultural Center, East Hartford, CT	50 Chapman Place, East Hartford, CT 06108	Cathy Flippen, 860-726-3646	n/a
FOCUS Center for Autism	Offers a variety of programs that offer social and emotional growth and support. Programs include an after school program, social learning supports, summer programs, and teen social club. Also offers individual and family counseling.	326 Albany Turnpike, Suite 2A, PO Box 452, Canton, CT 06019	860-693-6127	https://focuscenterforautism.org
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/

<p>Independence Unlimited</p>	<p>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.</p>	<p>151 New Park Ave., North Annex suite D, Hartford, CT 06106</p>	<p>860-523-5021</p>	<p>https://www.independenceunlimited.org/index.php/our-programs/youth-transitions</p>
<p>Institute of Living</p>	<p>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.</p>	<p>200 Retreat Avenue, Hartford, CT 06106</p>	<p>860-545-7665</p>	<p>https://instituteofliving.org/</p>
<p>Kennedy Center Autism Project</p>	<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>
<p>Community Health Network Foundation (KHAIR)</p>	<p>KHAIR (pronounced "care") serves at-risk youth by offering one-on-one mentoring relationships and a range of workshops designed to teach important life skills and bolster self-confidence. Topics include :dress for success, financial literacy, nutrition, emotional health, social etiquette & team building.</p>	<p>11 Fairfield Blvd. Wallingford , CT 06492</p>	<p>Tressa Spears Jackson, 203-949-4101 or Elvin Melendez, 203-949-4080 or 203-949-4023 or email khairinfo@chnct.org</p>	<p>https://www.wekhair.org/</p>

<p>LARC Autism Resource Center</p>	<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>
<p>LARC Autism Resource Center</p>	<p>LARC Autism Resource Center offers a FREE playgroup for children, ages 2-5, as an opportunity for children with ASD to engage in activities that promote socialization and form new friendships. Each session runs for six weeks. Weekly schedule Wednesday 9a-10:30am OR Friday 1pm-2:30pm. Must register.</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>
<p>LARC Autism Resource Center</p>	<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>
<p>Litchfield County Autism Spectrum Association</p>	<p>LACASA ensures that individuals with ASD have access to local services, supports and recreational activities. Ongoing activities include parents support groups.</p>	<p>PO Box 2026 Torrington CT 06790</p>	<p>860-693-9128</p>	<p>www.autismsupportct.com</p>
<p>North Central Community Collaborative-NCCC Activity Group</p>	<p>The group is designed to help children benefit from prosocial activities. Location, date and times of activities vary</p>	<p>location varies</p>	<p>Penny Lemery</p>	<p>plemery@CHRhealth.org</p>

Organization for Autism Research	<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/how-we-help/families/sibling-support/?utm_source=OARacle+Newsletter+Subscribers&utm_campaign=d84344ba39-EMAIL_CAMPAIGN_2020_02_18_03_42&utm_medium=email&utm_term=0_132914a232-d84344ba39-171428105</p>
Organization for Autism Research	<p>The Kit for Kids is designed to teach elementary and middle school students about their peers with autism.</p>	<p>2000 N. 14th Street, Suite 300 Arlington, VA 22201</p>	<p>(866) 366-9710</p>	<p>https://researchautism.org/resources/kit-for-kids/?utm_source=OARacle+Newsletter+Subscribers&utm_campaign=dbbaf8fc8c-EMAIL_CAMPAIGN_2019_03_26_04_24&utm_medium=email&utm_term=0_132914a232-dbbaf8fc8c-171428105</p>
Path Parent-to-Parent Family Voices	<p>Open to youth 13-26 years of age. CT KASA participants learn how to advocate for themselves and take control over their own lives. CT KASA helps this happen by teaching young people about their rights and how to change the systems that affect their lives. CT KASA meets monthly every 3rd Saturday of the month. Meetings are from 11am-2pm.</p>	<p>The Exchange Building #4 270 Farmington Avenue, Suite 181 Farmington, CT 06030</p>	<p>1-800-399-7284 or 1-203-234-9554</p>	<p>http://pathct.org/programs/kasa-kids-as-self-advocates/</p>
Stamford Education 4 Autism	<p>Organization provides educational opportunities and supportive services to the Autism Spectrum Disorder population and their families, within the greater Stamford Community.</p>	<p>1127 High Ridge Road PMB #315 Stamford, CT 06905</p>	<p>203-322-9767</p>	<p>https://stamfordeducation4autism.org/</p>

Torrington Area Families for Autism (TAFA)	<p>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</p>	<p>314 Main Street, Torrington, CT 06790</p>	<p>860-482-9364</p>	<p>www.TAFAnet.org</p>
The Arc Autism Now	<p>Information Specialist are available to help individuals on the spectrum and their families by providing education, resources and support.</p>	<p>1825 K Street NW, Suite 1200 Washington, DC 20006</p>	<p>1-855-828-8476</p>	<p>https://autismnow.org/what-we-do/call-center/</p>
Town of Manchester	<p>Sibshop provides support and fun for children who have a brother or sister with special needs. Group meets monthly on the second Friday of each month. Must register.</p>	<p>63 Linden Street, Manchester, CT 06040</p>	<p>860-647-5213, contact Beth Mix</p>	<p>http://www.townofmanchester.org/</p>
West Haven, City of- Youth and Family Services	<p>West Haven support groups for families and children with special needs.</p>	<p>City Hall, 355 Main Street, West Haven, CT 06516</p>	<p>Dietman @westhaven-ct.gov or Diane Dietman - 203-937-3633</p>	<p>http://www.cityofwesthaven.com/181/Youth-and-Family-Services</p>
Wrongplanet.net	<p>An online community for people with Autism and Asperger syndrome</p>	<p>N/A</p>	<p>N/A</p>	<p>https://wrongplanet.net/</p>

Youth Enrichment Program and Social Skills Support Group	Offers a variety of positive youth development programs for clients of the agency and their siblings. The support is tailored to individual/family needs. Programs include theatre, adventure programs, buddy system, safety, advocacy, alcohol and drug prevention, job finding assistance, and support groups.	Guilford Youth & Family Services; 36 Graves Avenue, Guilford, CT 06437	203-453- 8047	<a href="http://www.guilfordyouthandfamily
services.org/">http://www.guilfordyouthandfamily services.org/
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