



## Parent Support Groups in SCLARC's Service Area

### Amor y Fortaleza (Los Angeles)

- Parent support group for families with children with down syndrome.
- Meeting dates/times/location will be coming soon. Group will be accepting new members in January 2021.
- Contact for more information:
  - Mireya Romero - (562)606-4502 [mireyaromero1985@gmail.com](mailto:mireyaromero1985@gmail.com)

### Angeles Por Siempre Unidos (Cudahy)

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- The group offers different socializing activities for parents such as karaoke, dancing, walking in the park (with social distancing), playing bingo, and playing loteria via Zoom.
- Meetings are held on Mondays and Wednesdays from 4 pm to 6 pm. Also, on Tuesdays and Thursdays from 6pm to 8 pm via Zoom to play bingo and loteria. Lastly on Fridays from 8 pm to 10 pm via Zoom to sing.
- Meetings are held at 4835 Clara Street Cudahy, CA 90201.
- Contact for more information:
  - Amanda Arambula – (562)608-7739
  - Javier Munoz – (323)761-3966
- Spanish speaking group

### Angeles Sin Límites (Downey)

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every 3<sup>rd</sup> Tuesday of the month from 5:30 pm to 7:30 pm via zoom (due to pandemic)
- Meetings were held (prior pandemic) every 4<sup>th</sup> Tuesday of the month from 10 am to 12 pm at the Community & Senior Center Barbara J. Riley – 7810 Quill Drive Downey, CA 90242
- Contact for more information:
  - Herlinda Rodriguez - (562) 413-4377 – [hrodriguez60@yahoo.com](mailto:hrodriguez60@yahoo.com)
  - Maria Leonor Dimas – (323)369-6370 – [mariadimas1@verizon.net](mailto:mariadimas1@verizon.net)
  - Maricela Donate – (562)746-5249 – [donatemaricela@gmail.com](mailto:donatemaricela@gmail.com)
- Spanish speaking group

### **Autism Advocates in Action Support Group (Carson)**

- Parent support group for families with children with autism.
- Meetings are held every 3rd Saturday of the month. No meetings in November and December due to holidays.
- Meetings are held via Zoom and at the City of Carson Library - 151 E Carson Street Carson, CA 90745
- Website: <https://autismact.org/>
- Contact for more information:
  - Renita Verner - (562)857-4300 - [autismadvocatesapp@gmail.com](mailto:autismadvocatesapp@gmail.com)
- English speaking group

### **Bugle Horn Autism Support Group**

- Parent support group consists mostly of families with children and adults with autism, but all disabilities are welcome. Families participating come from 4 different regional centers (Westside, SCLARC, Lanterman, Northern).
- Meetings are held every 2<sup>nd</sup> Monday of each month from 5 pm to 6:45 pm
- Meetings are being held via Zoom (due to pandemic)
- Contact for more information:
  - Florence Bracy – (323)574-0862 – [bracyflorence2013@gmail.com](mailto:bracyflorence2013@gmail.com)
- English speaking group

### **Down Right Blessed (Downey)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every 1<sup>st</sup> Wednesday and last Thursday of every month (unless there is a major holiday).
- Meetings are held via Zoom (due to pandemic). Prior pandemic were held at Knights of Columbus Hall - 11231 Rives Ave, Downey, CA 90241
- Contact for more information:
  - Irene Cortez – (562)607-2100 – [soyirene74@gmail.com](mailto:soyirene74@gmail.com)
- English and Spanish speaking group

### **Fiesta Educativa**

- Parent support group is called Mom2Mom and consists of support meetings and educational workshops. Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every Thursday from 4 pm to 5:30 pm. Program will run into November 13, 2020 as Fiesta Educativa is trying to secure more funding.

- Meetings are held via zoom. Anyone interested in participating should register at <https://zoom.us/j/91512770000>
- Contact for more information:
  - Carolina Navarro – [cnavarro@fiestaeducativa.org](mailto:cnavarro@fiestaeducativa.org)

### **Fuerza INC (Huntington Park)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Due to the pandemic, the group is not hosting meetings but parents interested in more information regards the group can still contact Jorge. Consultations are being done over the phone.
- Contact for more information:
  - Jorge Gilberto Melendez – (323)646-2242.

### **Hub City Autism Network (Compton)**

- Parent support group for families with children with autism. They host events throughout the year.
- Meetings are held at 830 S. Mayo Ave Compton, CA 90221
- Website: [www.hubcan.org](http://www.hubcan.org)
- Contact for more information:
  - Consuelo Evans – (424)242-3899 - [hubcityautism@gmail.com](mailto:hubcityautism@gmail.com)
- English speaking group

### **Shining Again (Downey)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- The group offers karaoke, flokorico and hip hop dancing.
- Meetings are held on Fridays from 4 pm to 8 pm on a weekly basis
- Meetings are held at 11233 Woodruff Ave Downey CA 90241
- Contact for more information:
  - Adriana Torres – [allshiningagain@gmail.com](mailto:allshiningagain@gmail.com)
- Spanish speaking group

### **Shining Stars Foundation (Downey)**

- Parent support group for families with children who have services with SCLARC.
- The group offers karaoke, community presenters for parents and other social activities for SCLARC consumers.

- Meetings are held every Friday from 6 pm to 10 pm. Due to pandemic, there are currently no meetings being held as of now.
- Meetings are held at 12456 Bellflower Blvd Downey CA 90242
- Contact for more information:
  - Luz Curiel - (323)804-9315 - [Luz.curiel@hotmail.com](mailto:Luz.curiel@hotmail.com)
- Spanish speaking group

### **Special Needs Network (Crenshaw District)**

- Organization provides a wide array of programs, services and events for parents in need of support. Parents can learn about tools available to them, they can volunteer and network with other parents.
- Website: [www.snnla.org](http://www.snnla.org)
- Contact for more information on programs and events:
  - Mary Lee – (323)338-9161 – [marylee@specialneedsnetwork.org](mailto:marylee@specialneedsnetwork.org)
  - Main Office: (323)291-7100

### **Sueños y Esperanza (Lynwood)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every Friday of the month via zoom (due to pandemic) from 7 pm to 9 pm
- Meetings are held from 6:30 pm to 10 pm at Café Canela, Plaza Mexico, 3100 E. Imperial Hwy Lynwood, CA 90262 (prior to pandemic and after pandemic they will resume back to this schedule)
- Website: <https://www.facebook.com/suenosyesperanza>
- Contact for more information:
  - Carla Vega - (323)823-2905
  - Martha Contreras Sanchez - (562)746-4314 – [nuehorizon@msn.com](mailto:nuehorizon@msn.com)

### **Un Paso Mas (Huntington Park)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Group offers various presenter and topics covered.
- Meetings are held every Friday from 9 am to 11:30 am
- Meetings are held at 2621 Zoe Ave Suite C Huntington Park, CA 90255
- Contact for more information:
  - Emma Orozco - (323)819-4164
- Spanish speaking group

### **Unidos con Misión y Poder (Downey)**

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.

- Meetings are held every 2<sup>nd</sup> Thursday of the month
- Meetings are held at 7360 Foster Bridge Blvd Downey, CA 90241
- Contact for more information:
  - Gledy Aceituno – (323)717-2853 – [gledyaceituno@aol.com](mailto:gledyaceituno@aol.com)
  - Blanca Martinez – (310)748-9715 - [weloveourpumkins@yahoo.com](mailto:weloveourpumkins@yahoo.com)
- Spanish speaking group