



## Parent Advisory Committee (PAC) Groups

### 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 the family such as sports, singing, dancing and walks in the city. All activities in person.
  - Mondays – Walks in the City of Cudahy at 7:00pm, please call the numbers below for more information.
  - Tuesdays – Flag Football at 7:00pm at Cudahy City Hall - 5220 Santa Ana, Cudahy CA 90201.
  - Wednesdays – Zumba from 6:00pm to 7:00pm at Clara Street Park - 4835 Clara St, Cudahy CA 90201.
  - Fridays – Singing and Dancing from 5:30pm to 9:00pm at Clara Street Park - 4835 Clara St, Cudahy CA 90201.
  - Sundays - Basketball and Baseball at 1:00pm at Circle Park - 10129 Garfield Ave, South Gate, CA 90280.
- Contact for more information:
  - Amanda Arambula – (562) 608-7739 – [amanda.arambula@gmail.com](mailto:amanda.arambula@gmail.com)
  - 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 5:30pm to 7:30pm via zoom (due to Covid) and may be subject to be hybrid on the 3<sup>rd</sup> Tuesday of the month from 9:30am to 12:30pm with prior notice.
- Hybrid meetings will take place at the Barbara J. Riley Community & Senior Center – 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 via Zoom on a quarterly basis. Meetings will resume in person in 2024.
- No meetings in November or December due to holidays.
- There are 3 Annual events and 1 summer hip-hop class. The location of events can be seen on the group's 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, Harbor and ELARC).
- Meetings are held every 2<sup>nd</sup> Monday of each month from 5:00pm to 6:45pm.
- Meetings are being held via Zoom (due to Covid).
- Contact for more information:
  - Florence Bracy – (323) 574-0862 – [bracyflorence2013@gmail.com](mailto:bracyflorence2013@gmail.com)
- English speaking group.

### Down Right Blessed (Downey)

- **This group is not conducting meetings at the moment.**
- For questions about the group, please contact:
  - Irene Cortez – (562) 607-2100 – [soyirene74@gmail.com](mailto:soyirene74@gmail.com)

### Hub City Autism Network (Compton)

- Parent support group for families with children with autism. Events are hosted throughout the year.
- Meetings are held in person at the Compton Library - 240 W Compton Blvd, Compton, CA 90220.
- Meetings take place on a bimonthly basis unless otherwise noted.
- 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 with Spanish translation.

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

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- The group offers karaoke, folklorico and hip-hop dancing.
- Meetings are held on Fridays from 4:00pm to 9:00pm on a weekly basis.
- Meetings are held at Elks Lodge - 11233 Woodruff Ave, Downey CA 90241.
- Due to the pandemic, the meeting location might change to Dennis the Menace Park - 9125 Arrington Av, Downey CA 90240 or Lynwood City Hall. Please check the Facebook page for postings on meeting locations.
- Contact for more information:
  - Adriana Torres – (562) 250 - 7206 [allshiningagain@gmail.com](mailto:allshiningagain@gmail.com)
  - Lupita Solorzano – (310) 491 - 4396 [lupitaestradam1@gmail.com](mailto:lupitaestradam1@gmail.com)
  - Jose T Torres – (562) 261 - 6109
- 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 individuals.
- Meetings are held every Friday from 6:00pm to 9:00pm.
- Hip-Hop classes are held every Wednesday from 8:00pm to 9:00pm.
- Both meetings and classes 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.

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

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every 3<sup>rd</sup> Monday of the month.
- Meetings are currently being held via Zoom.
- Contact for more information:
  - Gledy Aceituno – (323) 717-2853 – [gledyaceituno@aol.com](mailto:gledyaceituno@aol.com)
  - Blanca Martinez – (310) 748-9715 - [weloveourpumpkins@yahoo.com](mailto:weloveourpumpkins@yahoo.com)
  - Amada Reyes – (562) 842-7178 – [ammycolorado64@gmail.com](mailto:ammycolorado64@gmail.com)
- Spanish speaking group.

### Different Abilities Learning Together (City of Paramount)

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held every month via zoom and informal meetings for coffee take place every two months.
- For details about meetings please reach out to group contacts.
- Contact for more information:
  - Silvia Diaz – (562) 773 - 4344 - [daltforall@gmail.com](mailto:daltforall@gmail.com)
  - Claudia Borunda via group's phone number – (562) 413-7347 – [daltforall@gmail.com](mailto:daltforall@gmail.com)
- Spanish and English speaking group.

### Madres Especiales

- Parent support group for mothers with children diagnosed with all qualifying regional center disabilities.
- Meetings are held on the last Tuesday of every month at 11:30am via zoom
- Contact for more information:
  - Angelica Orellana – (323) 610 – 1050 [angelicamariao73@gmail.com](mailto:angelicamariao73@gmail.com)
- Spanish and English speaking group.

### Un Minuto Conmigo (Los Angeles)

- Parent support group for families with children diagnosed with all qualifying regional center disabilities.
- Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month
  - 2<sup>nd</sup> Saturday meetings focus on presentations, workshops and events.
  - 4<sup>th</sup> Saturday meetings focus on parent self-care.
- Contact for more information:
  - Ceci Arispe – (323) 383-8705 – [ceciarispe2017@gmail.com](mailto:ceciarispe2017@gmail.com)
- Spanish speaking group.