



Support groups create a comfortable environment where people can meet, share information and resources with peers, and offer each other emotional support. The support groups directly affiliated with the Koch Young Resource Center (KYRC) at Frank D. Lanterman Regional Center are co-led by families and Lanterman staff as part of a family-professional partnership. Groups are held in various languages, and many focus on a specific developmental disability and/or age range. The Resource Center can also make referrals to other local, state and national groups in the event there is not a group listed here that meets your needs. If you see an unmet need, the Resource Center can also provide technical assistance for the development of new support groups. The following is a listing of all existing support groups in our community. Call or email the indicated contacts for more information about their groups. This information is also available on Lanterman's website at: https://lanterman.org/support_advocacy/support-groups

ARMENIAN PARENT SUPPORT GROUP

For families of individuals with special needs all ages
(Language: English)

Meeting virtually on Zoom,
Monthly on 3rd Tuesday, 6:30 PM - 8:30 PM

Zoom meeting room link:
<https://us02web.zoom.us/j/83304450888>
(Please contact facilitators to participate.)

Facilitators:
Nanor Kabakian | nanorkab@aol.com
Talin Davidian (SC) | tdavidian@lanterman.org / 213-252-6688
Alvita Isadzhyan (SC) | aisadzhyan@lanterman.org / 213-252-6684

CALIFORNIA SIBLING LEADERSHIP NETWORK

For adult siblings of individuals with special needs
(Language: English)

Meeting dates and times vary.

Contacts:
Jackie Moreno | 626-318-9267 / jacquelinevictoria90@gmail.com
Website | www.californiasibs.org
FaceBook | @California Sibling Leadership Network

CHINESE PARENT SUPPORT GROUP

For families of individuals with special needs all ages
(Language: Chinese)

Meeting virtually on Zoom,
Monthly on 2nd Wednesday, 10:00 AM - 11:30 PM

Zoom meeting room link:
<https://us02web.zoom.us/j/88383294108>
(Please contact facilitators to participate.)

Facilitators:
Rui Ling Liu | linglei0213@gmail.com / 213-399-8828
Sanny Lee | 213-220-0495

Lanterman Regional Center reserves the right to only list support groups in this section that meet the following criteria:

- Leadership must have a relationship with and be trained by KYRC
- Must be open to receiving technical assistance from the KYRC
- Must be located within Lanterman's catchment area

*** Date and times of the meetings may be subject to change.
Please contact the facilitators to confirm.**

DE MI FAMILIA A SU FAMILIA

For families of individuals with Autism of all ages
(Language: Spanish)

Meeting virtually on Zoom,
Monthly on 1st Wednesday, 3:00 PM - 5:00 PM

Register in advance for this support group meeting at:
<https://us02web.zoom.us/meeting/register/tZEsciuj0jEt3OHfulksUafeosw3sZGfyv>

Facilitators:
Zulma Mena | 213-215-9121
Marisela Zacarias | 213-587-1739

FILIPINO PARENTS SUPPORT GROUP

For parents and caretakers of children with special needs
(Language: English)

Meeting virtually on Zoom,
Monthly on 2nd Thursday, 6:00 PM - 8:00 PM

Register in advance for this support group meeting at:
https://us02web.zoom.us/meeting/register/tZ0ocuGspj0rEtYDnMrD3b_eL_rq_tTiMad2

Contacts:
Liza Fontelera | liz70592yahoo.com
Margarita Paccarelli | mpaccar@yahoo.com
Marie Bueta (SC) | mbueta@lanterman.org / 213-252-5650

GRUPO DE APOYO LANTERMAN

For families of individuals with special needs
(Language: Spanish)

Meeting virtual on Zoom,
Monthly on 2nd Wednesday, 10:00 AM - 12:00 PM

Register in advance for this support group meeting at:
https://us02web.zoom.us/meeting/register/tZ0tdiuvpjwuH9Jux_bpsGOTZCLbol7b-xNn

Facilitator:
Agustina Mellin | 213-265-1255

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

For families of individuals with special needs of all ages
(Language: Japanese)

To register for this support group, contact:
Email | info@jspacc.org

Website | www.jspacc.org
Mariko Magami | marikomagami@earthlink.net / 818-625-5115
Mami Noguchi | 818-282-0317

KOREAN PARENT SUPPORT GROUP

For families of individuals with special needs all ages
(Language: Korean)

Meeting virtually on Zoom,
Monthly on 4th Tuesday, 10:00 AM - 12:00 PM

Zoom meeting room link:
<https://us02web.zoom.us/j/83149703952>
(Please contact facilitators to participate.)

Facilitators:
Joungim Kim | julie1207kim@gmail.com
Jae Rhee | jaerhee57@yahoo.com
Gloria Heo (SC) | gheo@lanterman.org / 213-252-6644
Lina Lee (SC) | llee@lanterman.org / 213-252-4992
Evie Kim (KYRC) | ekim@lanterman.org / 213-252-8350

LA ESPERANZA

For families of individuals with developmental disabilities
15 years and older (Language: Spanish)

Meeting Virtually on Zoom,
Monthly on 2nd Monday, 6:00 PM - 8:00 PM

Register in advance for this support group meeting:
<https://us02web.zoom.us/joining/register/tZAtc-mrrDkuE9UjQ8iYidFxFPeR3ak9dLCaz>

Facilitator:
Bertha Suazo | 213-413-4280

LGBT SUPPORT GROUP

(Lesbian, Gay, Bisexual, and Transgender)

For clients with special needs
(Language: English)

Meeting virtually on Zoom,
Monthly on 2nd Wednesday, 6:00 PM - 8:00 PM

Register in advance for this client support group meeting:
https://us02web.zoom.us/joining/register/tZcuc-utqzorHdJhSk-UrNhK--fG8_QvQ6No

Facilitator:
Joe Perales (KYRC) | jperales@lanterman.org / 213-252-4986

PADRES UNIDOS LANTERMAN

For families of individuals with developmental disabilities
of all ages (Language: Spanish)

Meeting virtually on Zoom,
Monthly on 2nd Tuesday, 6:00 PM - 8:00 PM

Register in advance for this support group meeting:
<https://us02web.zoom.us/joining/register/tZ0ocOGgqj4vHtERkgCw8cu7DSJFm4ayq4QQ>

Facilitator:
Gloria Leiva | angiegloria1996@aol.com / 213-925-9925

PARENTS COLLABORATE SUPPORT GROUP

For families of individuals with developmental
disabilities of all ages (Language: English)

Meeting virtually on Zoom,
Monthly on last Friday, 10:00 AM - 12:00 PM

Register in advance for this support group:
<https://us02web.zoom.us/joining/register/tZcvc-ypTktHtxOPsRHv5SvRiri2amUVUzQ>

Facilitators:
Brigitte Sroujeh | 818-606-7028
Claudia Lara (SC) | clara@lanterman.org / 213-252-6680

SDP SUPPORT GROUP

For families of FDLRC clients participating in SDP.
(Language: English interpretation available upon request)

Meeting virtually on Zoom,
Monthly on last Wednesday, 10:00 AM - 12:00 PM

Register in advance for this support group meeting:
<https://us02web.zoom.us/joining/register/tZUtd-2oqzliGdahBW0xeAqKadm3FQtEznJp>

Contact:
Adrian Jimenez (FDLRC) | ajimenez@lanterman.org / 213-252-8642

SIBSHOPS

Recreational support group for siblings of individuals
with developmental disabilities. (Language: English)

Meeting virtually on Zoom,
Monthly on 4th Wednesday, 4:00 PM - 6:00 PM

Register in advance for this support group meeting:
https://us02web.zoom.us/joining/register/tZlIce6ppj8sHtKgWUtdPQ1cu3MoOq_2i-Dy

Contact:
Joe Perales (KYRC) | jperales@lanterman.org / 213-252-4986

SO-CAL FATHERS SUPPORT GROUP

Support group for fathers of individuals with special needs
(All ages and disabilities) (Language: English)

Meeting virtually on Zoom,
Monthly on 3rd Wednesday, 7:00 PM - 8:30 PM

Register in advance for this support group meeting at:
https://us02web.zoom.us/joining/register/tZ0sdeGtpj0qGdXgPTadq2ZV5AJP_evYUXgD

Contacts:
Weller Killebrew | voiceofweller@gmail.com
Joe Perales (KYRC) | jperales@lanterman.org / 213-252-4986



at Lanterman Regional Center
3303 Wilshire Blvd., Ste. 700, Los Angeles CA 90010
Phone: 213-252-5600 or 213-383-1300 ext. 5600

HelpDesk Email: kyrc@lanterman.org
Website: www.lanterman.org
Library: https://lanterman.org/kyrc_library
Network of Care: networkofcare.lanterman.org
Peer Support Partner Program: www.lanterman.org/psm