



SUPPORT GROUPS for PARENTS of CHILDREN WITH DISABILITIES

We all need natural supports relationships in our lives to provide us with nurturing, encouragement, and practical help. Children's Link is here to help you get connected!

Below, is a list of some support groups for parents of children with disabilities that may be of interest to you. Additional natural supports resources can be found on our Children's Link website at: <https://childrenslink.ca/community-support/>

	Organization Name	Group Name	Website
Pan-Disability Groups	Autism Alberta Family Resource Centres	Family Resource Centre Support Groups	https://bit.ly/3KFJqjv
	Caregivers Alberta	Caregiver Support Community Groups	https://bit.ly/3kmErcr
	Gateway Association	Families Forward Meetings	https://bit.ly/3kmEwgf
	Parent's Survival	Reboot Regroup Online Coffee Chats	https://bit.ly/3MBuGDs
	Light 4 Disability	Light 4 Disability – Chinese Parent Support Group	http://www.light4disability.com
Disability-Specific Groups	Alberta Hands and Voices	Alberta Hands and Voices Coffee Social	https://bit.ly/3OKRh2k
	Autism Calgary	Fathers' Autism Network (FAN)	https://bit.ly/39pSX13
	Autism Calgary	Keeping It Together (KIT)	https://bit.ly/3kmEHYX
	Cerebral Palsy Alberta - CPAA	Parent Support Group	https://bit.ly/3LrFMuw
	Cerebral Palsy Kids and Families	CP Kids & Families Support Group	https://bit.ly/3s1itQx
	CNIB Foundation	Care Providers Virtual Café	https://bit.ly/3vri2B7
	Connecting CommUNITY	Connecting CommUNITY Meetings	https://bit.ly/39eJmtI
	Foothills Fetal Alcohol Society	Open Zoom Support Group	https://bit.ly/3OJF65O



FACEBOOK SUPPORT GROUPS

Facebook Group Name	Link
Autism Support Group	https://bit.ly/3vRIfrC
Calgary and Area Down Syndrome Support Group	https://bit.ly/3y2Mmnr
Calgary and Area Moms Autism Support Network	https://bit.ly/36ZiMnG
Children with Food Allergies Alberta	https://bit.ly/3y2O87X
Mothers in Calgary Area of Children/Teens with ADHD and Their Supporters	https://bit.ly/39sK3jm
Parents of Alberta Children's Hospital	https://bit.ly/3LwzJF8
YYC Support for Parents of Teens and Adults with Autism	https://bit.ly/3xYX0vv



No one should journey alone and isolated. Children's Link is here to support you and help connect you with others, in community.

Our Caring Connectors (Family Support Team) are available to talk with you and help you explore options to **Get LINKed!**

Give us a call at: **877-835-1105**. We'd love to hear from you!

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families and service providers.