



## 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	<a href="https://bit.ly/3KFJgJv">https://bit.ly/3KFJgJv</a>
	Centre Street Church: Special Needs Ministry	Moms & Dads Groups Faith-based support groups	<a href="https://bit.ly/3magMpN">https://bit.ly/3magMpN</a>
	Caregivers Alberta	Caregiver Support Community Groups	<a href="https://bit.ly/3kmErcr">https://bit.ly/3kmErcr</a>
	Gateway Association	Families Forward Meetings	<a href="https://bit.ly/3kmEwgf">https://bit.ly/3kmEwgf</a>
	Parent's Survival	Reboot Regroup Online Coffee Chats	<a href="https://bit.ly/3MBuGDs">https://bit.ly/3MBuGDs</a>
	Light 4 Disability	Light 4 Disability – Chinese Parent Support Group	<a href="https://bit.ly/3MhRCa6">https://bit.ly/3MhRCa6</a>
Disability-Specific Groups	Alberta Hands and Voices	Alberta Hands and Voices Coffee Social	<a href="https://bit.ly/3OKRh2k">https://bit.ly/3OKRh2k</a>
	Autism Calgary	Fathers' Autism Network (FAN)	<a href="https://bit.ly/39pSX13">https://bit.ly/39pSX13</a>
	Autism Calgary	Keeping It Together (KIT)	<a href="https://bit.ly/3kmEHYX">https://bit.ly/3kmEHYX</a>
	Cerebral Palsy Alberta - CPAA	Parent Support Group	<a href="https://bit.ly/3LrFMuw">https://bit.ly/3LrFMuw</a>
	Cerebral Palsy Kids and Families	CP Kids & Families Support Group	<a href="https://bit.ly/3s1itQx">https://bit.ly/3s1itQx</a>
	CNIB Foundation	Care Providers Virtual Café	<a href="https://bit.ly/3vri2B7">https://bit.ly/3vri2B7</a>
	Connecting CommUNITY	Connecting CommUNITY Meetings	<a href="https://bit.ly/39eJmtI">https://bit.ly/39eJmtI</a>
	Foothills Fetal Alcohol Society	Open Zoom Support Group	<a href="https://bit.ly/3OJF65O">https://bit.ly/3OJF65O</a>



## FACEBOOK SUPPORT GROUPS

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



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.