

Support Groups

Many parents of children with disabilities find it helpful to participate in parent support groups in their community. Support groups provide an opportunity to share the joys and challenges of raising your child and a time to network with other parents and hear about local resources and services.

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Finding the Right Support Group

You are not alone. The right support group can be a great place of comfort where you can talk to people who have been through similar situations and faced the challenges you're facing. You can talk about how you're feeling with people who understand. A good support group can be a network of friends to whom you can turn when you have questions or need help—and in turn, you can be there for them as well.

Source

[Caregiver Action Network](#)

Showing 1-1 of 1 Results