



# Support Groups in Vermont Facilitated by Parents

Do you want to start a support group in your community?  
 Contact us for more information: 1-800-800-4005; [info@vtfn.org](mailto:info@vtfn.org)  
[www.vermontfamilynetwork.org](http://www.vermontfamilynetwork.org)

VFN does not endorse any particular group. It is best to call before attending your first meeting.

Name of Group	Area	Contact Person	Contact Number/Email
Approaching Autism with Advocacy, Recovery & Education (AAWARE)	Statewide	Claudia Pringles	802-299-4665 <a href="mailto:cpringleslaw@gmail.com">cpringleslaw@gmail.com</a> <a href="http://aaware.freeforums.net/">http://aaware.freeforums.net/</a>
		Tina Karl	802-821-2010 <a href="mailto:christinna_karl@comcast.net">christinna_karl@comcast.net</a>
Bennington Special Education Parent Advisory Council	Bennington & Surrounding Communities	Laurie Mulhern	802-773-5132 <a href="mailto:mulhernvt@gmail.com">mulhernvt@gmail.com</a>
Champlain Valley Down Syndrome group	Chittenden county & Surrounding Communities	Lisa DeNatale	802-658-7802 <a href="mailto:lisadenatale@yahoo.com">lisadenatale@yahoo.com</a> <a href="http://cvdsg.org/">info@cvds.org</a> <a href="http://cvdsg.org/">http://cvdsg.org/</a>
Down Right Special of Rutland County	Rutland County	Fred Wortman	802-345-8326 <a href="mailto:fwortman@comcast.net">fwortman@comcast.net</a>
Franklin County Autism Support and Playgroup	Franklin County	Heather Gratton	802-285-6424 <a href="mailto:hgratton@gmail.com">hgratton@gmail.com</a>
Getting Down in the NEK Down Syndrome support group	Orleans, Essex, and Caledonia Counties	Amy Snay-Jacobs	
		Vicky Derbyshire Gratton	802-274-0481

Name of Group	Area	Contact Person	Contact Number/Email
Ladies' Night Out for parents/caregivers of children with special needs	Franklin Grand Isle Counties	Michelle Zick	<a href="mailto:zickland@yahoo.com">zickland@yahoo.com</a>
Northeast Kingdom Families Together	Northeast Kingdom Counties	Lori Gilbar	802-373-5382 <a href="mailto:lori.gilbar@vtfn.org">lori.gilbar@vtfn.org</a>
Parent Support Group for Parents of Adult Children on the Spectrum or Similar	Burlington & Surrounding Communities	Cheryl Lancaster	<a href="mailto:vermont.asd.parents@gmail.com">vermont.asd.parents@gmail.com</a>
Rutland Autism Family Group	Rutland	Heather Hildebrant	802-242-0040 <a href="mailto:info@rafg.org">info@rafg.org</a> <a href="http://www.rafg.org">www.rafg.org</a>
Support Group for Parents of Children Who Use Communication Devices	Montpelier	Leah Sophrin	802-498-3343 <a href="mailto:Leah.sophrin@gmail.com">Leah.sophrin@gmail.com</a>
Tourette Syndrome Support Group	Rutland	Rhonda Desrochers	802-730-9444 <a href="mailto:rhonda.desrochers@gmail.com">rhonda.desrochers@gmail.com</a> Facebook: <a href="#">Tourette Association of America Vermont Support Group</a>

Continued on next page...

# Social Groups for Individuals with Disabilities

Name of Social Group	Area	Contact Person	Contact Number/Email
ARC (Advocacy, Resources & Community)	Rutland	Lisa Lynch	802-775-1370 <a href="mailto:info@arcrutlandarea.org">info@arcrutlandarea.org</a>
ARC Northwestern VT	Northwestern VT	Cindy Martell	802-524-5197 <a href="mailto:arcnwvt@gmail.com">arcnwvt@gmail.com</a>
Ben's Buddies Social Group	Southern VT	Beth Adams	802-952-8225 <a href="mailto:countrygirlinvt@gmail.com">countrygirlinvt@gmail.com</a> <a href="https://www.bensbuddiessocialgroup.com/">https://www.bensbuddiessocialgroup.com/</a>
Best Buddies Program St. Michael's College	Chittenden County	Anna Strong	<a href="mailto:astrong@mail.smcvt.edu">astrong@mail.smcvt.edu</a> <a href="mailto:move@smcvt.edu">move@smcvt.edu</a>
Central Vermont ARC/Fun Families & Friends United	Central VT	Jim Lund	802-223-6149 <a href="mailto:centralvermontarc@gmail.com">centralvermontarc@gmail.com</a>
Friends on the Go for children 4 yrs + who have social challenges	Statewide	Kristen Lee	<a href="mailto:Kleevt@gmail.com">Kleevt@gmail.com</a> Join the <a href="#">Friends on the Go closed Facebook Group</a> to learn about upcoming activities
Global Campuses	8 campuses in various locations in VT	Patti Gannon	802-272-1396 <a href="mailto:psg@globalcampuses.org">psg@globalcampuses.org</a>
Kayla's Directory - <a href="#">Events</a> and a <a href="#">Directory of Activities</a> for children with special needs	Statewide	Sara Kruk	<a href="mailto:srkruk@comcast.net">srkruk@comcast.net</a>

Name of Social Group	Area	Contact Person	Contact Number/Email
OCD and PANDAS Support Group for Kids and Teenagers	Statewide	Pamela Krieger	802 324 9583 <a href="mailto:pfkrieger@comcast.net">pfkrieger@comcast.net</a>
Partners in Adventure	Burlington	Sue Minter	<a href="mailto:sminter@partnersinadventure.org">sminter@partnersinadventure.org</a>
The FUN Group (A social activity group for kids K-12 with intellectual/developmental delay)	Various locations in Northern VT Region (within one hour of Burlington area)	Shoshannah	802-310-1861 <a href="mailto:Shoshannahmamma@aol.com">Shoshannahmamma@aol.com</a>
Vermont Social Adventure Group (social opportunities for young adults 18-29)	Chittenden County - meets every 4 <sup>th</sup> Thurs. at Vermont Family Network (600 Blair Park, Suite 240 in Williston) from 6:30-8:30 pm	Nicole Peterson	<a href="mailto:kidscloset@comcast.net">kidscloset@comcast.net</a>
Zack's Place - Inclusive enrichment programs for people with special needs and the community at large	Woodstock	Kitty King	802-457- 868 <a href="mailto:info@zacksplacevt.org">info@zacksplacevt.org</a>
<p>For other community resources including sports, recreation, and camps please visit the <a href="http://www.VermontFamilyNetwork.org">VFN website www.VermontFamilyNetwork.org</a> and search on Camps &amp; Recreation.</p>			

Continued on next page...

# Online/Phone Support

Name of Online/Phone Support	Area	Contact Person	Contact Number/Email
Asperger Autism Network (AANE) - On-line membership required. Online support groups: <ul style="list-style-type: none"> <li>• Parents of Adults Group (open to all parents of adults with AS)</li> <li>• Grandparents of Children &amp; Adolescents Group</li> </ul>	New England	Michele Cantara	617-393-3824 X71 <a href="mailto:michele.cantara@aane.org">michele.cantara@aane.org</a>
		Marcia Robinson	617-393-3824 x29 <a href="mailto:marcia.robinson@aane.org">marcia.robinson@aane.org</a>
Autism Support Daily	Statewide	Laurie Mumley	802-985-8773
Community Café	Bennington	Jennie Moon	802-447-2768 <a href="mailto:Jennie.moon@svhealthcare.org">Jennie.moon@svhealthcare.org</a>
National Fragile X Foundation Vermont Chapter	Statewide	Lanie and Les Kanat	802-324-0800
		Woody Belt	802-888-7570
Pathways Vermont Support Line	Statewide		888-604-6412
Shadows of the Moon - Phone support only (for families & individuals living with Autism Spectrum Disorder)	Franklin, Grand Isle Counties & Surrounding Communities	Laura Weber	802-849-2817
		Cheryl	802-868-7745
Spectrum Talk - for parents who have children that have or are currently receiving any type of service	Bennington	Jennie Moon	802-447-2768 <a href="mailto:Jennie.moon@svhealthcare.org">Jennie.moon@svhealthcare.org</a>

Name of Online/Phone Support	Area	Contact Person	Contact Number/Email
Vermont Autism Network	Franklin, Grand Isle Counties & Surrounding Communities	Jessica Poirier	802-582-9207 <a href="https://www.facebook.com/VermontAutismNetwork/">https://www.facebook.com/VermontAutismNetwork/</a>
Vermont Parents of Children with Down Syndrome	Statewide	Kristen Bigelow-Talbert	<a href="https://www.facebook.com/groups/VTParentsofChildrenwithDownSyndrome/">https://www.facebook.com/groups/VTParentsofChildrenwithDownSyndrome/</a>

Continued on next page...

# Family, Youth, and Adult Support Groups

Name of Family or Youth Support Group	Area	Contact Person	Contact Number/Email
Green Mountain Self-Advocates (GMSA)	Statewide		802-229-2600 or Toll free 1-800-564-9990 <a href="mailto:info@gmsavt.org">info@gmsavt.org</a> <a href="#">Calendar of Events/Meetings</a>
National Alliance on Mental Illness (NAMI) support groups	Statewide		802-876-7949 or 800-639-6480 <a href="mailto:Info@namivt.org">Info@namivt.org</a> <a href="#">Peer Support Groups</a> <a href="#">Family Support Groups</a>
Outright VT Parent and Youth Support Groups for caregivers, parents and youth of the trans, gender, queer, gender non-conforming or creative youth	Burlington and Surrounding Communities		802-865-9677 <a href="mailto:info@outrightvt.org">info@outrightvt.org</a> <a href="#">Outright Vermont</a>
Pathways Vermont Weekly mental health support group meetings in Burlington	Burlington & Surrounding Communities	Jess Horner Mental Health	866-218-8586
		Cameron Mack Coming off psychiatric meds	888-492-8218 x 404 <a href="mailto:mcameron@pathwaysvermont.org">mcameron@pathwaysvermont.org</a>
Pride Center LGBTQ social and support groups	Chittenden County		802-860-7812 <a href="#">Pride Center of Vermont</a>
Prevent Child Abuse Vermont (PCAV) - Circle of Parents support groups	Statewide		800-244-5373 Help Line: 9 am - 5 pm M-F <a href="#">Circle of Parents Support Groups</a>
The University of Vermont Health Network	Statewide		844-886-4325 <a href="#">Vermont Support Groups</a>

Name of Family or Youth Support Group	Area	Contact Person	Contact Number/Email
Vermont Kin as Parents	Statewide		802-871-5104 <a href="mailto:brendah.kin@vermontkinasparents.org">brendah.kin@vermontkinasparents.org</a> <a href="#">Vermont Kin As Parents</a>
VT Adoption Post-Permanence Support Groups	Statewide		802-241-0901 vtadoption@vermont.gov <a href="#">Vermont Consortium for Adoption and Guardianship</a>