



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
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 cpringleslaw@gmail.com http://aaware.freeforums.net/
		Tina Karl	802-821-2010 christinna_karl@comcast.net
Bennington Special Education Parent Advisory Council	Bennington & Surrounding Communities	Laurie Mulhern	802-773-5132 mulhernvt@gmail.com
Champlain Valley Down Syndrome group	Chittenden county & Surrounding Communities	Lisa DeNatale	802-658-7802 lisadenatale2@gmail.com info@cvdsg.org http://cvdsg.org/
Down Right Special of Rutland County	Rutland County	Fred Wortman	802-345-8326 fwortman@comcast.net
Franklin County Autism Support and Playgroup	Franklin County	Heather Gratton	802-285-6424 hgratton@gmail.com
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	zickland@yahoo.com
Northeast Kingdom Families Together	Northeast Kingdom Counties	Lori Gilbar	802-373-5382 lori.gilbar@vtfn.org
Parent Support Group for Parents of Adult Children on the Spectrum or Similar	Burlington & Surrounding Communities	Cheryl Lancaster	vermont.asd.parents@gmail.com
Rutland Autism Family Group	Rutland	Heather Hildebrant	802-242-0040 info@rafg.org www.rafg.org
Support Group for Parents of Children Who Use Communication Devices	Montpelier	Leah Sophrin	802-498-3343 Leah.sophrin@gmail.com
Tourette Syndrome Support Group	Rutland	Rhonda Desrochers	802-730-9444 rhonda.desrochers@gmail.com Facebook: Tourette Association of America Vermont Support Group

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

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 pfkrieger@comcast.net
Partners in Adventure	Burlington	Sue Minter	sminter@partnersinadventure.org
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 Shoshannahmamma@aol.com
Vermont Social Adventure Group (social opportunities for young adults 18-29)	Chittenden County - meets every 4 th Thurs. at Vermont Family Network (600 Blair Park, Suite 240 in Williston) from 6:30-8:30 pm	Nicole Peterson	kidscloset@comcast.net
Zack's Place - Inclusive enrichment programs for people with special needs and the community at large	Woodstock	Kitty King	802-457- 868 info@zacksplacevt.org
<p>For other community resources including sports, recreation, and camps please visit the VFN website www.VermontFamilyNetwork.org and search on Camps & Recreation.</p>			

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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"> • Parents of Adults Group (open to all parents of adults with AS) • Grandparents of Children & Adolescents Group 	New England	Michele Cantara	617-393-3824 X71 michele.cantara@aane.org
		Marcia Robinson	617-393-3824 x29 marcia.robinson@aane.org
Autism Support Daily	Statewide	Laurie Mumley	802-985-8773
Community Café	Bennington	Jennie Moon	802-447-2768 Jennie.moon@svhealthcare.org
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 Jennie.moon@svhealthcare.org

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 https://www.facebook.com/VermontAutismNetwork/
Vermont Parents of Children with Down Syndrome	Statewide	Kristen Bigelow-Talbert	https://www.facebook.com/groups/VTParentsofChildrenwithDownSyndrome/

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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 info@gmsavt.org Calendar of Events/Meetings
National Alliance on Mental Illness (NAMI) support groups	Statewide		802-876-7949 or 800-639-6480 Info@namivt.org Peer Support Groups Family Support Groups
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 info@outrightvt.org Outright Vermont
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 mcameron@pathwaysvermont.org
Pride Center LGBTQ social and support groups	Chittenden County		802-860-7812 Pride Center of Vermont
Prevent Child Abuse Vermont (PCAV) - Circle of Parents support groups	Statewide		800-244-5373 Help Line: 9 am - 5 pm M-F Circle of Parents Support Groups
The University of Vermont Health Network	Statewide		844-886-4325 Vermont Support Groups

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