



## Support Groups in Vermont Facilitated by Parents

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

Edited March 2023

Name of Group	Area	Contact Person	Contact Number/Email
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	802-922-0428 <a href="mailto:lisadenatale2@gmail.com">lisadenatale2@gmail.com</a> <a href="mailto:info@cvdsg.org">info@cvdsg.org</a> <a href="http://cvdsg.org/">http://cvdsg.org/</a>
Circle of Parents Support Group: NICU & CSHN	Remote, open to all	Zoe Farrar	802-782-7571 <a href="mailto:zfarrar@pcavt.org">zfarrar@pcavt.org</a>
Down Right Special of Rutland County	Rutland County	Judy Folmsbee	802-265-4108 <a href="mailto:folmsbeefamily@gmail.com">folmsbeefamily@gmail.com</a>
Franklin County Autism Support and Playgroup	Franklin County	Heather Gratton	802-285-6424 <a href="mailto:hrgatton@gmail.com">hrgatton@gmail.com</a>
Getting Down in the NEK Down Syndrome support group	Orleans, Essex, Caledonia Counties	Vicky Derbyshire Gratton	802-274-0481
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	802-766-2384 <a href="mailto:lori.gilbar@vtfn.org">lori.gilbar@vtfn.org</a>
Rutland Autism Family Group	Rutland	Heather Hildebrandt	802-242-0040 <a href="mailto:info@rafg.org">info@rafg.org</a> <a href="http://www.rafg.org">www.rafg.org</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>

Do you want to start a support group in your community? Contact VFN for more information:  
802-876-5315 [info@vtfn.org](mailto:info@vtfn.org) [www.vermontfamilynetwork.org](http://www.vermontfamilynetwork.org)

## Social Groups for Individuals with Disabilities

Name of Social Group	Area	Contact Person	Contact Number/Email
ARC (Advocacy, Resources & Community)	Rutland		802-775-1370 <a href="mailto:info@arcrutlandarea.org">info@arcrutlandarea.org</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>
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:skruk@kaylasdirectory.org">skruk@kaylasdirectory.org</a>
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>
		Joan Martin	<a href="mailto:jmartin@partnersinadventure.org">jmartin@partnersinadventure.org</a>
Vermont Social Adventure Group (social opportunities for young adults 18-30s; facebook page for members)	Chittenden County	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	802-457-5868 <a href="mailto:info@zacksplacevt.org">info@zacksplacevt.org</a>

For other community resources including sports, recreation, and camps please visit the [VFN website www.VermontFamilyNetwork.org](http://www.VermontFamilyNetwork.org) and search on Camps & Recreation.

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## Online/Phone Support

Name of Online/Phone Support	Area	Contact Person	Contact Number/Email
Asperger/Autism Network ( <a href="#">AANE</a> )  <a href="#">Membership</a> is not required.	Most support groups are online and are open to anyone anywhere.	Stephanie Birkdale	617-393-3824 X232 <a href="mailto:events@aane.org">events@aane.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>
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>

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## Family, Youth, and Adult Support Groups

Name of Family or Youth Support Group	Area	Contact Person	Contact Number/Email
Developmental Disabilities Housing Initiative	Statewide	Karen Price	<a href="mailto:Karen.price@vtfn.org">Karen.price@vtfn.org</a> 802-873-5315
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 Social and support groups for LGBTQ+, questioning, and allied youth and their families.	Statewide		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		888-492-8218 <a href="mailto:info@pathwaysvermont.org">info@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>
Rare Connections Support Groups for Patients and Caregivers touched by rare disease	Statewide	Rare New England	<a href="mailto:info@RareNewEngland.org">info@RareNewEngland.org</a> <a href="http://www.RareNewEngland.org">www.RareNewEngland.org</a>
The University of Vermont Health Network	Statewide		(802) 847-8821 <a href="mailto:resourcecenter@uvmhealth.org">resourcecenter@uvmhealth.org</a> <a href="#">Vermont Support Groups</a>
Vermont Kin as Parents	Statewide		802-871-5104 <a href="mailto:Secretary@vermontkinasparents.org">Secretary@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>

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