

Networking Families Support Groups

Facebook Groups

| Area of Focus | Name of Group | Description | Facebook Link |
|---|---|---|---|
| Autism support and resources | Autism Family Services of New Jersey | Autism Family Services of New Jersey (AFSNJ) is a leading provider of family support services to the autism population and functions as an affiliate of The Family Resource Network (FRN). Along with providing individuals with autism and their families with services like after school care, Saturday recreation and various trainings, AFSNJ holds the largest gathering of autism families in NJ each year at the Annual Beach Bash in Belmar, NJ. | https://www.facebook.com/AutismFamilyServicesNJ |
| Autism support and resources | POAC Autism Services | POAC is dedicated to helping children and adults with autism achieve their fullest potential by providing quality education, support and recreation at no cost to participants. POAC provides free training for parents and educators; free recreational and support services to children and adults with autism and their families; and free training for police and first responders which, we are proud to say, has saved the lives of children with autism all over New Jersey. | https://www.facebook.com/POACAutismServices |
| Autism support and resources | New Jersey Autism Warriors | Online support group for POAC Autism Services | https://www.facebook.com/NewJerseyAutismWarriors |
| Autism support and resources | Autism New Jersey | New Jersey's Autism Advocacy Leader: Supporting the autism community since 1965. Awareness, Public Policy leadership, Info Services, and Clinical Expertise. | https://m.facebook.com/pg/AutismNJ/groups/?ref=page_internal&no_dli&mt_nav=0 |
| For children and adults with intellectual or related developmental disabilities | Special Olympics New Jersey | Special Olympics New Jersey (SONJ) provides year-round sports training and athletic competition to thousands of athletes and Unified partners throughout the state, completely free of charge! | https://www.facebook.com/SONNewJersey |
| General support for special needs | Support for Children with Special Education Needs | The purpose of this group is to give support to children with educational needs and disabilities. I personally I have a passion and caring character for all children who are struggling to reach their full potential in life. | https://www.facebook.com/groups/538540446620062 |
| General support and resources for special needs | NJ Special Needs Events and Programs | This group is to help provide others with special needs get involved in programs, events, resources, groups, etc. | https://www.facebook.com/groups/353159962253913/ |

| | | | |
|---|--|--|---|
| General support and resources for special needs | NJ Special Needs Resources | to help special needs families find resources in our community | https://www.facebook.com/groups/1865905163653466 |
| General support and resources for special needs | Mommies of Miracles | Mommies of Miracles is the world's largest virtual support group for mothers of children who have special health care and/or developmental needs. We offer FREE peer support, networking, resources, helpful tools, family matching, special programs, and various social media sites. | https://www.facebook.com/MommiesofMiracles?hc_location=ufi |
| General support and resources for special needs | Special Needs Events New Jersey | This group is for NEW JERSEY residents and surrounding areas. Realizing the need for one central place for events we have created this group, since every group/org seems to have their own, means you have to read 100 newsletters to get all the events! This group is open to everyone its for sharing any and all events in our area NEW JERSEY and Surroundings including social activities, area walks, community events, fundraisers, etc. | https://www.facebook.com/groups/SpecialNeedsEventsNJ/ |
| General support and resources for special needs | NJ Special Needs Childcare | Group to help parents of children and adults with special needs with their childcare needs | https://www.facebook.com/groups/2308604199448853 |
| General support and resources for special needs | Special Needs Parents Support and Discussion Group | A support group for families that have children with special needs. A safe space to share information, offer and gain advice, and make connections within the community. | https://www.facebook.com/Special-Needs-Families-Support-and-Discussion-Group-110888994046466 |
| General support and resources for special needs | Make It Tips for Special Needs | This is all about ways to MAKE IT work for our kids, homemade, re-purposed, new, used in a new way. The focus is physically challenged and developmentally delayed, and all special needs are welcome if you think you can benefit. This group is a place to share ideas and tips about making equipment, clothing, food, toys, mechanical, electrical, techy, and other for our special needs children. Somethings can't be easily made and help finding the right item for the right price is appreciated. Also appreciate ideas of how purchased items may be creatively used. It is a closed group where only members see posts, because of posts with photos of our children. | https://www.facebook.com/groups/makeittipsforspecialneeds/ |

| | | | |
|--|--|---|--|
| <p>General support and resources for special needs</p> | <p>NJ Special Needs Parents Helping Parents</p> | <p>This page will be dedicated to NJ Special needs parents paying it forward to share what they have learned with other parents in NJ and surrounding areas. This page is to share information on positive things we've learned or come across. Ideas and Things such as Doctors, Therapists, Hospitals, Advocates, Lawyers, tricks of the trade for IEP meetings and schooling. For parents of kiddo's with mobility concerns to share the best AFO's and shoes that work with them, medical equipment that changed your lives for the better, intensive programs. For parents of Kiddo's on the spectrum to share the best ABA therapist they have found, sensory rooms near you that you love, day programs for kids of all ages. We all have been through so much and learned so much along the way, why not share those experiences?</p> | <p>https://www.facebook.com/groups/2462173350729117</p> |
| <p>General support and resources for special needs</p> | <p>NJ Special Needs Parents Network</p> | <p>While this group is certainly for parent support, we are more than just a support group. We are a mobilized network of parents committed to changing the way the world treats, views, educates and hires individuals with disabilities.</p> | <p>https://www.facebook.com/groups/126102801558489</p> |
| <p>General support and resources for special needs</p> | <p>Parents of Special Needs Children</p> | <p>This is a page for parents and family of special needs children. We are here to support each other without judgement or drama of any kind. We are all parents or a family member to a special child. We need to always understand that each parent or family member has a lot of stress with their child and we all deal with that differently. Please feel free to vent, share, and ask questions.</p> | <p>https://www.facebook.com/pages/category/Community/Parents-of-Special-Needs-Children-270355532984033/</p> |
| <p>General support and resources for special needs</p> | <p>NJ Special Needs Resources</p> | <p>This group is to help special needs families find resources in our community.</p> | <p>https://www.facebook.com/groups/1865905163653466</p> |
| <p>IEP support and general special needs resources and support</p> | <p>ADayInOurShoes.com -- IEP assistance, support, parenting & more</p> | <p>This is a place for special needs parents to connect for IEP advice, special needs parenting tips and more. This group is an off-shoot of the blog ADayInOurShoes.com. This is a group for those who have a vested interest in the special needs community and wish to be kept informed about policies and legislation that affect our kids, and act upon it by contacting our legislators.</p> | <p>https://www.facebook.com/groups/613271538778340</p> |

| | | | |
|--|---|---|---|
| Support and ideas for traveling with special needs | Tips for Special Needs at Disney | This is a group that designed for sharing tips for Walt Disney World, Disneyland, the Disney Cruise line, Universal Studios, Sea World, Legoland, and other amazing destinations. This page is for sharing tips, strategies, and ideas that have helped in the past. The goal is to build a place safe for families to ask questions and learn on how to help their family have a magical vacation. | https://www.facebook.com/groups/Tipsforspecialneedsatdisney/?ref=suggested_groups |
| Homeschooling special needs | Special Needs Homeschooling | This group is for those homeschooling their special needs child or seriously thinking about it. We have gifted, twice exceptional, autism, learning disabilities, cerebral palsy, genetic conditions, medical conditions you name it. We have all found one great thing homeschooling provides a wonderful, enriching environment for our child to learn. | https://www.facebook.com/groups/specialneedshomeschooling |
| For medical supplies | G-Pact Supply Depot | The G-PACT Supply Depot is for patients to post supplies they need or supplies they have available to distribute to others who need them. Due to logistics with shipping and customs, membership is limited to individuals located in the United States. G-PACT recommends that recipients pay up front for shipping costs, but arrangements should be made between donor and recipient. | https://www.facebook.com/groups/GPACTSupplyDepot/discussion/preview |
| For medical supplies | Pediatric Medical Supply Exchange | | https://www.facebook.com/groups/979621522065229/?_mref=message |
| Cerebral palsy | Cerebral Palsy | Cerebral Palsy Support Group: A safe place to share your stories, experiences, and recommendations with each other. | https://www.facebook.com/cerebralpalsysupportgroup/ |
| Mental health | OPLM -- Other Parents Like Me | Other Parents Like Me was founded to address the worldwide crisis of teenage mental health issues by creating an empowered online community of parents supporting parents with help, hope, and healing. | https://oplm.com/join/?clid=Cj0KCQiAosmPBhC PARIsAHOen-Pq_00g4T1e8vZ8jyaxb0ref_NWHM_wxOxBthdSR Pv0KHSiguVL0cYaAmjiEALw_wcB |
| Global developmental delay | My Child Has Global Developmental Delay | There isn't much help or support for parents of child with global developmental delay. It is such a wide spectrum disability with various other health problems and disabilities thrown into it. The group was created to bring parents together online to support each other. | https://www.facebook.com/groups/gddawareness |

| | | | |
|---|--|--|---|
| For intellectually gifted and special needs or disabled | Parents of Twice Exception Children (2E) | As you may know, twice exceptional (2e) refers to intellectually gifted children who have some form of disability. These children are considered exception both because of their intellectual and other gifts and because of their special needs. This group is for parents, loved ones, educators, and advocates of 2e children. | https://www.facebook.com/groups/parentsof2e |
| Rare diseases | Fighting H.A.R.D. Families | A group dedicated to helping families of children with rare diseases or chronic illness to know that they are not alone. We believe it is very important to stay positive and to help others who might be going through a similar journey. In the rare disease world, families can often feel very alone and as though nobody really understands what they are going through. There is often a lack of scientific knowledge, misdiagnosis, delay of diagnoses, experimental treatments and very heavy social and financial stresses. Even though our children may have "different" rare diseases, it is our belief that we all deal with similar issues and concerns for our children. We hope to provide resources, strength, and inspiration to those who are Fighting HARD (Having A Rare Disease)! | https://www.facebook.com/groups/1722066821391690 |
| Traumatic brain injury | TBI Hope & Inspiration Caregivers | The primary focus of the TBI Caregivers & Supporters community is to support those caring for a loved one with a brain injury. | https://www.facebook.com/TbiCaregiverSupport/?ref=page_internal |
| Traumatic brain injury | Traumatic Brain Injury Group | This group brings people living with brain injury, family members, and supporters together to share their stories, tips, and experiences. | https://www.facebook.com/groups/braininjurycommunity |
| brain injury | Parents of Children with Brain Injuries | This group is for Parents of Children with Brain Injuries. You MUST be a parent or legal guardian to a child with a Brain Injury. There are no exceptions. The purpose of the group is for parents to share concerns, ask questions and find support. | https://www.facebook.com/groups/ParentsofChildrenwithBrainInjuries |
| Aphasia | Aphasia Recovery Connection | ARC is an award-winning nonprofit organization that seeks to end the isolation that aphasia brings. The group offers free social and educational services online for people with aphasia and care partners. | https://www.facebook.com/groups/Aphasia.Recovery.Connection |

| | | | |
|------------------------|---|---|---|
| Migraine | Move Against Migraine | Run by doctors and experts in migraine and other forms of chronic headache, MAM's mission is to provide support and solutions for migraine patients and their loved ones by offering professional advice, treatment options, information on clinical trials, and other helpful resources. MAM is an American Migraine Foundation initiative. | https://www.facebook.com/groups/MoveAgainstMigraine |
| Stroke support | Young Stroke Survivors | Anyone who has survived a stroke faces a multitude of challenges not limited to maintaining independence, managing new medical conditions, maintaining social ties, finding available resources, etc. This support group is dedicated not only to helping each other through those challenges, but also the unique challenges facing people who have survived strokes at a young age like caring for young children, returning to work or changing careers, dating and many more. Please join us if you have suffered a stroke under the age of 55 and need help managing, feel like you can offer help to others, or are a healthcare provider who may also support our members. | https://www.facebook.com/groups/YoungStrokesCharleston |
| Brain and spine cancer | ATRT (Brain & Spine) Cancer Support Group | AT/RT (brain a+C41:C46nd spine) cancer support group for brain is a group for families who have a child that is in treatment, a survivors, an angel, a caregivers, or family and friends. We work to support and encourage each other and share our experiences in a comfortable and understanding environment. Our main group focuses on topics related to AT/RT but we also have a group for families who are post treatment AT/RT | https://www.facebook.com/groups/489127414433081 |
| Support for all moms | Mom Life | Raising kids in a global pandemic has lead to a whole new way of thinking about things...the support we need as moms, working from home, virtual learning, keeping kids entertained, zoom calls, social distancing...basically everything has to be done in a different way. | https://www.facebook.com/groups/momlifeshow |

| | | | |
|--|---|---|---|
| Support for all moms | Moms with Anxiety and Depression | We've all had our challenges this last year and that's why I hope to create a show where we can support each other, share stories (happy and sad), learn ways to keep our sanity and take time for ourselves, help our kids, and make our communities better. | https://www.facebook.com/groups/anxiousmom |
| Down Syndrome | Down Syndrome Association of Central New Jersey | The Down Syndrome Association of Central New Jersey (DSACNJ) is a non-profit parent support group, established to assist families of children and adults with Down syndrome (i.e., Trisomy 21). | (2) Down Syndrome Association of Central New Jersey Facebook |
| Support related to orthotics and footwear with orthotics | PLAE with Orthotics | This group is dedicated to sharing stories and photos, and learning about how PLAE shoes work with orthotic devices. We know shoe options can be limited, and we receive all kinds of questions related to AFOs, SMOs and other orthosis – so this group was started as central place for answers to be shared and photos to help inspire. | https://www.facebook.com/groups/PLAEwithOrthotics |
| Coloboma support/congenital eye defect | Coloboma Awareness | Coloboma is an eye condition, where one or more structures of the eye are affected by a hole/gap. Most commonly the Iris. This can be in one eye or both eyes or eye lid. It can be Genetic or a one off defect. Around 1 in 10,000 people are born with Coloboma, and there are currently 7.2 Billion people in the world... Together we can raise awareness and provide support for people and their families, with Coloboma. | https://www.facebook.com/groups/156299197745539 |
| Coloboma support/congenital eye defect | Coloboma Families | Support group for families of children with coloboma of the eye. | https://www.facebook.com/groups/336896993124145 |
| Trach support | Pediatric Tracheostomy Care | This page is designed to share information related to pediatric tracheostomy care. As parents who have gone through this trying ordeal ourselves, our hope is to create a facebook community where parents who are new to this life-changing event can get informed and gain a stronger sense of self-confidence. Please watch the educational series we produced to help you on your way! | https://www.facebook.com/groups/131408470246029 |
| Location/Town-Specific Facebook Support | | | |
| Area of Focus | Name of Group | Description | Facebook Link |

| | | | |
|--|---|--|---|
| | Special Education Alliance (SEA) of Bridgewater-Raritan School District | Disclaimer: Special Education Alliance (SEA) of Bridgewater-Raritan School District is for families of students with special needs and is separate from the Bridgewater Raritan School District. The mission of SEA is to provide support, guidance, and a safe sharing environment for families of children with special needs. | https://www.facebook.com/groups/1513572645531916 |
| | Bridgewater NJ (and surrounding communities) Special Needs Families Support | This group is meant to be a supportive environment for families of special needs children in Bridgewater and the surrounding communities. | https://www.facebook.com/groups/1477589508920539 |

Other Support Groups/ Support Resources

| Area of Focus | Name of Group | Description | Contact |
|---------------|--|--|---|
| | The Arc of New Jersey Family Institute | A resources for families of individuals with intellectual and developmental disabilities (IDD) that was started January 2014. The goal is to help families find the tools and resources they need to navigate the system of care. They are dedicated to providing timely information and bridging the gap between service changes and families. We will do this by providing advocacy and education on services, transition and system issues, individual issues and so much more. | https://www.thearcfamilyinstitute.org/what_we_do/support-groups.html |
| | Parent Support Groups - JFS Clifton | Supports and strengthens the lives of families and individuals through the highest quality, affordable mental health and social services. Servicing families in Clifton/Passaic area. | https://jfsclifton.org/ |
| | Mom2Mom Helpline | A 27/7 peer counseling helpline for caregivers of children with special needs operated by Rutgers University Behavioral Health Care | 1-877-914-6662 |