



Rainbow Connection Family

Resource Center

On-Going Support Groups

We encourage you to attend one of the support groups listed at least once. You will be surprised at how much it will help you and how much you can help others. As there might not always be a support group available for a specific diagnosis, we try to provide a parent match upon request.

To register to attend or for a copy of the current "What's Happening at Rainbow?" schedule, please call **805 485-9643** or **800 332-3679**.

Special Parents Ventura County Networking Group - Online

Special Parents is an online forum where parents of children with special needs can offer and receive support, referrals and information. This networking group provides families with a comfortable and convenient environment for exchanging ideas and resources on everything from medical visits to IEP's. Simply activate a free YAHOO user ID and Password account to log into this forum at <http://groups.yahoo.com/group/SpecialParentsVenturaCounty>.

Special Families Support Group Spanish

Oxnard 6:30pm – 8pm Meets **1st Friday** of the month.

Families share their experiences parenting a child with special needs.



Sib club

Oxnard 6:30pm – 8pm * **For Siblings Only**

Games, Fun, Activities, for 5 – 14 years old **siblings** of children with developmental disabilities. Meets **1st Friday** of the month.

Bingo Night

Oxnard 6pm – 7:30pm

For Young Adult clients served by Regional Center. No Direct Care or Supervision provided. Join us for Bingo the second Thursday of each month.

Cerebral Palsy Support Group - Simi **Groups meet separately in English & Spanish**

9:30 – 11:00am Meets **3rd Monday** of the month.

Join other parents to talk about issues related to raising children with cerebral palsy and share resources and information.

Special Parents Network **English**

Oxnard 7pm – 8:30pm **3rd Wednesday** of the month.

Simi 9:30 – 11am **3rd Thursday** of the month.

Come and join us for a cup of coffee, learn about our resources and talk about issues related to raising children with special needs.



Down Syndrome Support Group **meets separately in English & Spanish**

Oxnard 7pm – 8:30pm Families have open discussions on issues related to raising children with Down syndrome. Meets **last Thursday** of the month.

ON-GOING SUPPORT GROUPS continued on next page....

Autismo Support Group Spanish

Oxnard 7 - 8:30pm Families have discussions on issues related to raising children with autism. Meets **3rd Thursday** of the month.

Rainbow Moms Connecting - Oxnard Spanish

Come and enjoy time with other mothers of children with special needs and have a relaxing time. Typically meets **3rd Friday** of the month. For more information or to RSVP please call Rainbow.



Teddy Bear Brigade

Thousand Oaks 1-3pm

For children 3 -13 years old with special needs and their siblings. It includes stories, sensory themes, crafts and music planned each month. Visit www.bearsandcompany.com to register. Parents meet separately for social and networking time. Meets **3rd Saturday** of the month, except for summer months.

Santa Clara Support Group (Fillmore, Piru) Spanish

Families meet to share the experiences they've had with their children with special needs and learn about resources. Meets **3rd Monday** of the month 5:30 – 7:00pm.

Santa Paula Support Group English

Families meet to share the experiences they've had with their children with special needs and learn about resources. Meets **4th Monday** of the month 5:30pm – 7:00pm.

Santa Paula Support Group Spanish

Families meet to share the experiences they've had with their children with special needs and learn about resources. Meets **1st Monday** of the month 5:30pm – 7:00pm.

Rainbow Moms Connecting – Ventura County English

Come and enjoy a night out with other mothers of children with special needs. Meeting dates and times **vary**.



NICU Support Group

Groups meet separately in English & Spanish


6:30 - 8:00pm Oxnard

Meet other families & share ideas of coping, photos, info, joy & triumphs. Pizza will be served! Families with babies in the NICU & NICU grads welcome. Meets **3rd Wednesday** of the month.

G-tube/J-tube/NG-tube Networking English & Spanish

6:30 – 8:00 Oxnard Does your child have a G-tube, J-tube, or NG-tube? Has it been suggested that your child get a tube? We look forward to sharing our stories of frustrations, fears, and successes (large & small). Meets **3rd Thursday** of the month.

For more information or to REGISTER call Rainbow Connection:

 **Oxnard Office - (800) 332-3679 or (805) 485-9643, Spanish (805)485-9892**

Oxnard Library Hours - Monday through Friday, 9:00am - 5:00pm

 **Simi Office – (805) 823-2325 Simi Library Hours vary- please call.**

Other COMMUNITY SUPPORT GROUPS on next page....

OTHER COMMUNITY SUPPORT GROUPS:

The following support groups can be contacted directly.



ASAP: Asperger's Support Group for Adolescents Plus! English

A social support group for teens and young adults with Asperger's or High-Functioning Autism. For more information log on to www.vcasap.org

Autism Spectrum Disorder (ASD) Parent Support Group English

Meets 2nd Wednesday of the month at Rainbow Connection in Oxnard from 7 – 9pm. Contact persons Tera Marquez or Karen Bobo at asdparentsupportgroup@gmail.com *No meetings in the summer.

Brandon's Buddies English

A free play date for children of all abilities. 1st Sat of the month. Calabasas. To RSVP call Dina Kaplan 818 222-8118 brandonsbuddies@pacbell.net

Day at the Park

For persons who are physically challenged and persons with special needs, their families and friends. Sponsored by the City of Oxnard Recreation & Community Services every third Saturday of the month at 11:00am to 2:00pm at Oxnard Beach Park on Harbor Blvd. For more info. Call Greg Barnes at 385-7990.

Down Syndrome Parent Support Group

Parents of children with Down Syndrome come together to discuss issues and activities of mutual interest. Ever 1st Wednesday of the month at 6:30pm. Call 805 650-6290 to RSVP.

Epilepsy Support Group

Meets the 3rd Wednesday of every month from 6:30pm – 8pm. Come join us in the Topping Room of the E.P. Foster Library for info, speakers, fun and goodies! 651 E. Main St, Ventura, CA 93001. (805) 715-1041 ext. 719.

HAPPY FRIENDS CLUB

Alternate Tuesdays 6:30 pm - 8:00 pm, Camarillo
Support group for adults & teens with mental/physical challenges. Speakers, games, arts & crafts, round table discussions, occasional community outings. Contact: Jean McGuire 805.816.2319 or email: bobbyjean2@mac.com

Let's Go Hiking On the first Saturday of the month, Bob Charney and his son Michael, who has Autism, invite other dads and their sons with developmental challenges to go hiking. If you're interested in participating, call Bob Charney at Home: 818 735-7331.

MeetUp Group For families with kids with Asperger's ages 5 – 12 yrs. RSVP at the link to the MeetUp site: <http://parents.meetup.com/636/>

Mom's Night Out T.O. English 3rd Tuesday of the month & **Dad's Night Out T.O. English** 4th Tuesday of the month. For contact information call Rainbow.

Support Group for Parents of Kids with Autism

Meets the on the last Monday of the month at 6:30. We provide child care. The address is 2697 Lavery Ct., Suite 17 Newbury Park. Contact Leila Silva at (805)480-9039 home or (805)341-3089 cell.

Special Parents Cafe

Meets the 3rd Saturday of each month. Spanish speaking parents welcome. Call Silvia (speaks Spanish) at *(805) 265-6111.

Ventura County Autism Society English

For more information call Ventura County Autism Society at 805-496-1632.