

## 2010-2011 Colorado Parent Support Groups

"Is there a support group in my area for families with children with special needs?"

While some parents prefer to have a one-to-one conversation with another parent about life with a child with a disability, others prefer to meet face-to-face with a group of parents for resources and support.

Parent to Parent contacts the various support groups annually in order to provide parents with accurate information. If you know of other groups that are meeting or have updates to this list, please let us know.

More details can be found at [http://p2p-co.org/navigation\\_bar\\_pages/supportgroups.htm](http://p2p-co.org/navigation_bar_pages/supportgroups.htm), including place, day and time. You can also contact us at call 1-877-472-7201. We hope you enjoy meeting other parents in your area - what a great way to make new friends!



### Statewide

#### Various Locations

Brain Injury Association of Colorado  
(800) 955-2443 / [sue@biacolorado.org](mailto:sue@biacolorado.org)

Colorado Unlimbited Children  
(303) 380-3898 / [info@unlimbited.org](mailto:info@unlimbited.org)

Depression Bipolar Support Alliance  
(800) 826-3632 /

Epilepsy Foundation of Colorado  
(888) 378-9779 / [info@epilepsycolorado.org](mailto:info@epilepsycolorado.org)

F.A.C.E.S. of Colorado/Wyoming (Duchenne MD)  
(303) 650-6387 / [Angela.CoFACES@parentprojectmd.org](mailto:Angela.CoFACES@parentprojectmd.org)

Hydrocephalus Information Network  
(970) 586-9665 / [bird.wynne@tchden.org](mailto:bird.wynne@tchden.org)

International Dyslexia Association Family Education Network  
(303) 721-9425 / [ida\\_rmb@yahoo.com](mailto:ida_rmb@yahoo.com)

Mile High Down Syndrome Association  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

NAMI (National Alliance for the Mentally Ill), Colorado Chapter  
(303) 321-3104 / [nami-co@nami.org](mailto:nami-co@nami.org)

Tourette Syndrome Association  
(720) 212-7535 / [info@tsarmr.com](mailto:info@tsarmr.com)

Tuberous Sclerosis Support Group  
(303) 255-7093 / [emme01@msn.com](mailto:emme01@msn.com)

Vacterl Syndrome Support Group  
(303) 880-3217 / [admin@vacterlnetwork.org](mailto:admin@vacterlnetwork.org)

### Online

#### Colorado Springs

Colorado Springs Asperger Online Support Group  
(719) 598-0992 / [kahether@comcast.net](mailto:kahether@comcast.net)

#### Denver

Denver Area Down Syndrome Connections  
[denver\\_area\\_down\\_syndrome\\_connections-owner@yahoo.com](mailto:denver_area_down_syndrome_connections-owner@yahoo.com)

#### Fort Collins

ASLC - You Are Not Alone Group  
(970) 980-7527 / [tinadianeb@yahoo.com](mailto:tinadianeb@yahoo.com)

#### Statewide

Autism Society of Colorado Discussion List  
(720) 214-0794 / [autism-co-subscribe@yahoogroups.com](mailto:autism-co-subscribe@yahoogroups.com)

Colorado Fetal Alcohol Syndrome Parent Support  
[health.groups.yahoo.com/group/CO\\_FASD\\_Parent\\_Support](http://health.groups.yahoo.com/group/CO_FASD_Parent_Support)

Down Syndrome-Autism Connection  
(720) 214-0794 / [robin@autismcolorado.org](mailto:robin@autismcolorado.org)

EMPOWER Colorado  
[health.groups.yahoo.com/group/EMPOWER\\_COLORADO](http://health.groups.yahoo.com/group/EMPOWER_COLORADO)

MASK - Mothers of Asperger Syndrome Kids  
[maskas99-owner@yahoogroups.com](mailto:maskas99-owner@yahoogroups.com)

**Parent to Parent of Colorado Listserv (P2P-CO)**  
**(877) 472-7201 / [renee@p2p-co.org](mailto:renee@p2p-co.org)**

Parents of Adults with Disabilities-CO (PAD-CO)  
[padcoweb@aol.com](mailto:padcoweb@aol.com)

SPD Colorado (Sensory Processing Disorder)  
[health.groups.yahoo.com/group/SPDColorado](http://health.groups.yahoo.com/group/SPDColorado)

Special Support for Parents of Special Kids  
(970) 267-8705 / [brenttuttle@yahoo.com](mailto:brenttuttle@yahoo.com)

### Spanish Speaking

#### Aurora

Parent Support Group at The Children's Hospital  
(303) 885-3735 / [mcabral@tchd.org](mailto:mcabral@tchd.org)

#### Denver

Cromosoma del Amor  
(303) 904-7360 / [sandiaz7@hotmail.com](mailto:sandiaz7@hotmail.com)

El Grupo Vida  
(303) 904-6073 / [info@elgrupovida.org](mailto:info@elgrupovida.org)

#### Fort Collins

Fort Collins Grupo de Apoyo en Espanol  
(970) 568-8430 / [aslc@autismlarimer.org](mailto:aslc@autismlarimer.org)

#### Greeley

Greeley Area Down Syndrome Support Group (bilingual)  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

#### Longmont

Familias Excepcionales, Boulder/Broomfield Counties  
(303) 441-1555 x92243 / [exceptionalfamilies@yahoo.com](mailto:exceptionalfamilies@yahoo.com)

## **Boulder/Longmont**

### **Boulder**

ADHD Support Group  
(720) 561-5918 / [anna.stewart@bvsd.org](mailto:anna.stewart@bvsd.org)

Boulder Valley School District/Parent Support Program  
(720) 561-5918 / [anna.stewart@bvsd.org](mailto:anna.stewart@bvsd.org)

Colorado Visions (5 week series, mental illness focus)  
(303) 776-3199 / [aetyada@msn.com](mailto:aetyada@msn.com)

Down Syndrome Boulder Area Support Group (0-18)  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

Down Syndrome Grandparents/Extended Family Support Group  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

Exceptional Families of Boulder/Broomfield Counties  
(303) 441-1555 x92243 / [exceptionalfamilies@yahoo.com](mailto:exceptionalfamilies@yahoo.com)

OCD Support Group-Families, Friends & Ourselves  
(303) 938-1360 / [coca4ocd@hotmail.com](mailto:coca4ocd@hotmail.com)

### **Lafayette**

ASBC Lecture Series  
(720) 272-8231 / [asbcmeetings@gmail.com](mailto:asbcmeetings@gmail.com)

### **Longmont**

ASBC Support Group  
(720) 272-8231 / [asbcmeetings@gmail.com](mailto:asbcmeetings@gmail.com)

Brain Injury Support Group  
(303) 651-7590 / [sue@biacolorado.org](mailto:sue@biacolorado.org)

Coffee Talk, Autism Support Group  
(303) 651-7949 / [asbcmeetings@gmail.com](mailto:asbcmeetings@gmail.com)

### **Louisville**

Parents Experiencing Challenging Children (PECK)  
(303) 284-9863 / [austinhb@hotmail.com](mailto:austinhb@hotmail.com)

## **Colorado Springs**

### **Colorado Springs**

ADHD Support Group  
(719) 591-2691 / [colorado-springs@chadd.net](mailto:colorado-springs@chadd.net)

Asperger Support Group  
(719) 598-0992 / [kahether@comcast.net](mailto:kahether@comcast.net)

Autism Support Group  
(719) 598-0992 / [kahether@comcast.net](mailto:kahether@comcast.net)

CP Association of Colorado Springs, Mother's Coffee  
(719) 638-0808 / [cpacs@msn.com](mailto:cpacs@msn.com)

Family and Friends Support Group (DBSA)  
(719) 477-1515 / [help@dbsacoloradosprings.org](mailto:help@dbsacoloradosprings.org)

Family to Family Support and Colorado Visions Classes  
(719) 473-8477 / [namicos@qwestoffice.net](mailto:namicos@qwestoffice.net)

Fragile X Support Group  
(719) 391-2249 / [gingerstringer@yahoo.com](mailto:gingerstringer@yahoo.com)

Homeschool Support Group (special needs)  
(719) 598-0992 / [kahether@comcast.net](mailto:kahether@comcast.net)

Parent Support for Children w/Sensory Processing Disorder  
(719) 495-9234 / [TamelaRader@yahoo.com](mailto:TamelaRader@yahoo.com)

Parents Epilepsy Support Group  
(719) 491-7340 / [jackson6542@qwestoffice.net](mailto:jackson6542@qwestoffice.net)

SMILES  
(719) 638-1775 / [misty.young0320@yahoo.com](mailto:misty.young0320@yahoo.com)

## **Denver Metro Central**

### **Denver**

ABC's of Autism Spectrum Disorders Support Group  
(720) 214-0794 / [support@autismcolorado.org](mailto:support@autismcolorado.org)

Angelman Syndrome Support Group  
(303) 988-2252 / [cinnredsnyder@q.com](mailto:cinnredsnyder@q.com)

Biomedical Support Group  
[claudiabarzen@yahoo.com](mailto:claudiabarzen@yahoo.com)

Down Syndrome Denver Area Grandparent Support Group  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

Families First Support Groups (not specifically special needs)  
(303) 745-0327 / [fssdirector@familiesfirstcolorado.org](mailto:fssdirector@familiesfirstcolorado.org)

Family Night at Beaujo's Pizza  
(720) 214-0794 / [support@autismcolorado.org](mailto:support@autismcolorado.org)

Mile High Neck Breathers  
(720) 329-3960 / [jen22at@hotmail.com](mailto:jen22at@hotmail.com)

NAMI Denver, monthly education classes  
(303) 504-6545 / [namidenver@nami.org](mailto:namidenver@nami.org)

National Fragile X Foundation, Denver Chapter  
[info@denverfragile-x.org](mailto:info@denverfragile-x.org)

Non Verbal Learning Disability or Aspergers Support Group  
(303) 475-1886 / [susan.blumberg@gmail.com](mailto:susan.blumberg@gmail.com)

Park Hill Neighborhood Parents  
(303) 329-8950 / [kdot62@comcast.net](mailto:kdot62@comcast.net)

Rocky Mountain Rett Support  
(720) 234-7673 / [carrierose85@hotmail.com](mailto:carrierose85@hotmail.com)

Sensory Processing Support Group  
(303) 475-1886 / [susan.blumberg@gmail.com](mailto:susan.blumberg@gmail.com)



## **Denver Metro North**

### **Northglenn**

EXCITE Support Group  
(303) 428-0310 / [exciteadamscounty@yahoo.com](mailto:exciteadamscounty@yahoo.com)

Fetal Alcohol and other Cognitive Disorders Support Group  
(303) 654-3246 / [eileen.bisgard@judicial.state.co.us](mailto:eileen.bisgard@judicial.state.co.us)

Northstar Depression & Bipolar Support Alliance Group  
(303) 584-1957 / [northstarDBSA@comcast.net](mailto:northstarDBSA@comcast.net)

### **Thornton**

Down Syndrome North Metro Support Group (birth-12)  
(303) 797-1699 / [mhdsa@aol.com](mailto:mhdsa@aol.com)

EMPOWER Adams County  
(866) 213-4631 / [knrivera@cpco.org](mailto:knrivera@cpco.org)

## **Denver Metro East**

### **Aurora**

Adoption Support Group  
(720) 937-2376 / kimsjourney7@gmail.com

Aurora Support Group (sponsored by Arc of Aurora)  
(720) 213-1420 / dsarcaurora@aol.com

Autism Support Group and Potluck  
(720) 777-6602 / austin.harriet@tchden.org

BIG (parents of children w/brain injuries)  
(720) 777-3901 / negron.javier@tchden.org

Empowering Families (mental health, dual diagnosis)  
(303) 552-6231 / kimsjourney7@gmail.com

Special Care Clinic Epilepsy Group  
(720) 887-3021 / mhofpgarten@gmail.com

### **Denver**

Strength through Sharing (families w/adult child w/mental illness)  
(303) 597-5000 x307 / mvaziri@jewishfamilyservice.org

Watch Our Words (facilitated communication group)  
(303) 604-6202 / granger@cybox.com

## **Denver Metro South**

### **Castle Rock**

Castle Rock Down Syndrome Support Group (0-7)  
(303) 797-1699 / mhdsa@aol.com

### **Centennial**

Cherry Creek Schools (Parent Coffees, Special Ed Series)  
(720) 554-4490 / dvanscoyk@cherrycreekschools.org

Denver-Metro Children and Adults with ADHD Support Group  
(303) 753-1783 / denver-metro@chadd.net

Kaffee House Support Group and Ministry  
(303) 840-9195 / jimrecord@q.com

### **Greenwood Village**

MosaickKids (mothers of severely allergic infants/children)  
admin@mosaickkids.org

### **Highlands Ranch**

Dyslexia Resource Group  
(303) 791-3360 / dyslexiaresourcegroup@comcast.net

Families Sharing Hope  
(303) 594-6161 / grandcurtis@comcast.net

Oasis Network  
(303) 324-3411 / tanz33@comcast.net

### **Littleton**

Down Syndrome Littleton Area Support Group (0-5 years)  
(303) 797-1699 / mhdsa@aol.com

Down Syndrome School Age Support Group  
(303) 797-1699 / mhdsa@aol.com

EMPOWER Littleton  
(866) 213-4631 / kyvilla@aol.com

EMPOWER Littleton  
(866) 213-4631 / [littleton@empowercolorado.com](mailto:littleton@empowercolorado.com)

Moms on the Spectrum  
(303) 870-9021 / kristenkaiser@comcast.net

## **Denver Metro West**

### **Arvada**

Arvada Family to Family Support Group (mental illness)  
(720) 227-7207 / jenvie06@yahoo.com

Federation of Families Parent Support Group (mental health)  
(720) 497-7787 / EStod52003@aol.com

### **Evergreen**

Foothills Down Syndrome Community Group (all ages)  
(303) 797-1699 / mhdsa@aol.com

### **Lakewood**

Down Syndrome-Autism Connection  
(720) 214-0794 / robin@autismcolorado.org

Friends Family Support Group  
(303) 763-9309 / ssolle1998@aol.com

Jefferson County Mobilizing Families Series  
(303) 232-1338 ext. 206 / jolynn@arcj.org

NAMI Jefferson/Gilpin/Clear Creek Counties  
(303) 279-7661 / PamHaynes@aol.com

West Metro Down Syndrome Support Group (birth-18)  
(303) 797-1699 / mhdsa@aol.com

## **Eastern Colorado**

### **Lamar**

Lamar Family Support  
(719) 336-3244 x 22 / lwagner@sdsccb.com

## **Northern Colorado**

### **Eaton**

Eaton Support Group (Weld County)  
(970) 381-4562 / dstille@what-wire.com

### **Evans**

Weld County Mobilizing Families Series  
(970) 353-5219 / larry@arcweldcounty.org

### **Fort Collins**

Community Education and Support (autism)  
(970) 377-9640 / aslc@autismlarimer.org

DISH-Dietary Intervention Support & Hope  
(970) 206-4979 / dzerman2@yahoo.com

Down Syndrome Circle of Friends (school age)  
(303) 797-1699 / mhdsa@aol.com

Down Syndrome Fort Collins Area Support Group (0-5 years)  
(303) 797-1699 / mhdsa@aol.com

Parents of Asthmatic and Allergic Children Support Group  
(970) 495-8153 / cmc@pvhs.org

You're Not Alone Support Group (all disabilities)  
(970) 980-7527 / tinadianeb@yahoo.com

### **Greeley**

Epilepsy Support Group  
(970) 330-9484 / sherriveneziano@q.com

Greeley Area Down Syndrome Support Group (bilingual)  
(303) 797-1699 / mhdsa@aol.com

### **Loveland**

Thompson Autism/Aspergers Parent Support Group  
(970) 613-6771 / scoufism@thompson.k12.co.us

## **Southern Colorado**

### **Canon City**

Canon City Autism Task Force/Family Support  
(719) 429-6159 / javernk@canoncityschools.org

### **Pueblo**

Autism Parent Support Group  
(719) 253-7727 / pptc@q.com

Special Moms Meet-Up  
(719) 547-0377 / brandileeyoung@gmail.com

## **Western Slope**

### **Alamosa**

San Luis Valley Exceptional Families  
(719) 298-8847 / espinozaml@grizzlies.adams.edu

### **Cortez**

Southwest Kids  
(970) 565-8389 / swkids@cci-colorado.org

### **Durango**

Southwest Support Group (epilepsy, autism and more)  
(970) 247-5702 x 205 / liza@sjbhd.org

### **Edwards**

Family Connections of Eagle County  
(970) 376-4079 / rbell@vail.net

### **Frisco**

Families of Exceptional Learners  
(970) 389-0808 / bettysarber@gmail.com

### **Glenwood Springs**

Roaring Fork Autism Network (RFAN)  
(970) 309-5485 / info@rfautism.org

### **Grand Junction**

Colorado visions (5 week series, mental illness focus)  
(970) 462-3989 / namiwesternslope@gmail.com

Dyslexia Association of Western Colorado  
(970) 257-0708 / katharina@bresnan.net

EMPOWER/FFCMH  
(970) 257-0891 / jcurtis@frontier.net

Moms Night Out, Weekly Coffee Break, Dad's Group  
(970) 985-4013 / jdelongfrazier@bresnan.net

Northwest Colorado Community Group (Down syndrome)  
(303) 797-1699 / mhdsa@aol.com

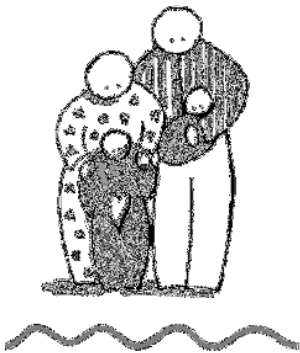
### **Montrose**

Montrose Down Syndrome Support Group (all ages)  
(303) 797-1699 / mhdsa@aol.com

Montrose Parent Group  
(970) 249-3383 / montroseparentgroup@q.com

### **Steamboat Springs**

Yampa Valley Autism Program  
(970) 870-4263 / lloeber@ix.netcom.com



**PARENT TO PARENT OF COLORADO** connects families of children and adults with disabilities or special health care needs in communities across Colorado.  
**1-877-472-7201, [p2p-co.org](http://p2p-co.org)**

**EMPOWER COLORADO** (Education Movement: Parents offering Wisdom, Encouragement and Resources) is an organization run by families offering support, education, advocacy and resources to families with children and youth who have social, emotional or mental health challenges. Contact **1-866-213-4631** or [empowercolorado.com](http://empowercolorado.com).

**FAMILY VOICES OF COLORADO** advocates for children with special health care needs as well as assisting families in navigating health systems including Medicaid, Medicaid waivers and private insurance. Contact **1-800-881-8272** or [familyvoicesco.org](http://familyvoicesco.org)

**WHERE DO I START?** is an information sheet for parents of children and adults with disabilities or special health care needs which includes information on major resources in Colorado and what they provide. Download at [p2p-co.org](http://p2p-co.org).

**WHERE DO I START? DISABILITY SPECIFIC** contains information and links to both Colorado and national resources on specific disabilities. It is also downloadable at [p2p-co.org](http://p2p-co.org).