



# Support Groups in Vermont Facilitated by Parents

Do you want to start a support group in your community?  
 Contact us for more information: 802-876-5315; [info@vtfn.org](mailto:info@vtfn.org)  
[www.vermontfamilynetwork.org](http://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
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@cvsdg.org">info@cvsdg.org</a> <a href="http://cvsdg.org/">http://cvsdg.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:hgratton@gmail.com">hgratton@gmail.com</a>
Getting Down in the NEK Down Syndrome support group	Orleans, Essex, and 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>

Name of Group	Area	Contact Person	Contact Number/Email
Rutland Autism Family Group	Rutland	Heather Hildebrant	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>

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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		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="http://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>

Name of Social Group	Area	Contact Person	Contact Number/Email
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>
<p>For other community resources including sports, recreation, and camps please visit the <a href="http://www.VermontFamilyNetwork.org">VFN website www.VermontFamilyNetwork.org</a> and search on Camps &amp; Recreation.</p>			

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# Online/Phone Support

Name of Online/Phone Support	Area	Contact Person	Contact Number/Email
<p>Asperger/Autism Network (<a href="#">AANE</a>)</p> <p>Membership is not required.**</p> <p>** AANE provides services to adults and families of individuals with Aspergers/Autism, regardless of whether they are “Contributing Members” or not.</p>	<p>Most support group are online and are open to anyone anywhere.</p> <p>AANE provides individuals, families, and professionals throughout the US with information, education, community, support, and advocacy</p>	Stephanie Birkdale	<p>617-393-3824 X232</p> <p><a href="mailto:events@aane.org">events@aane.org</a></p>
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	<p>802-447-2768</p> <p><a href="mailto:Jennie.moon@svhealthcare.org">Jennie.moon@svhealthcare.org</a></p>

Name of Online/Phone Support	Area	Contact Person	Contact Number/Email
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
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>

Name of Family or Youth Support Group	Area	Contact Person	Contact Number/Email
Vermont Kin as Parents	Statewide		802-871-5104 <a href="mailto:Secretary@vermontkinasparents.org">Secretary@vermontkinasparents.org</a> <a href="http://VermontKinAsParents.org">Vermont Kin As Parents</a>
VT Adoption Post-Permanence Support Groups	Statewide		802-241-0901 vtadoption@vermont.gov <a href="http://VermontConsortiumforAdoptionandGuardianship.org">Vermont Consortium for Adoption and Guardianship</a>