

Information, Advocacy and Support Groups for Children with Special Needs.

Being the caregiver of a child with special needs and/or medical complexities can feel lonely at times. Sometimes it can be nice to know you are not alone. Both online and in-person support groups are great ways to connect with and relate to other caregivers that have a deeper understanding what daily life looks like for you and your family.

Online Support and Advocacy Groups

Navigate Life Texas

- www.navigatelifetexas.org
- A website that is especially for families and parents of children with disabilities or special health-care needs and is designed to offer support, inspiration, resources, and links to services available.

Texas Parent 2 Parent

- www.txp2p.org
- 1-866-896-6001
- Texas Parent to Parent (TxP2P) is committed to improving the lives of Texas children who have disabilities, chronic illness, and/or special health care needs. TxP2P empowers families to be strong advocates through parent-to-parent support, resource referral, and education.

Especially Needed

- www.especiallyneeded.org
- 214.499.3439
- An organization that builds a strong sense of unity for individuals with special needs. Offers family-friendly events throughout the year.

Hope's Seed

- **Search for Hope's Seed on Facebook or call 214-673-7047**
- Hope's Seed is designed to enrich the lives of Texas' children who are medically fragile and terminally ill.

In-Person Support Groups

Jewish Family Services (JFS)

- <https://jfsdallas.org/services/children-teens/special-needs/partnership/>
- 972-437-9950
- Parents Empowered Raising Kids (PERK)
 - PERK, our parent and guardian support group, meets monthly to help create and support connections between adults who are raising children or caring for adults with special needs. PERK events are facilitated by professionals from the JFS Special Needs Resource Team and are designed to give parents tools, resources, and support for everyday challenges.
 - To begin receiving emails about PERK meetings, please email lfriedman@jfsdallas.org.

The Warren Center Family Education and Support Program

- 972-490-9055
- The Warren Center facilitates a support group and workshops for families of children with disabilities in Richardson, Carrollton, and Garland areas. Childcare is offered for children ages 7 and younger at no cost.

Disease Specific Support Groups

It may be helpful to do an online, disease specific search. Some disease specific support resources include:

- Autism Speaks: www.autismspeaks.org
- Cancer Support Texas: www.cancersupporttexas.org
- Cure SMA: www.curesma.org
- Mended Little Hearts: www.mendedhearts.org
- National Kidney Foundation (NKF): www.kidney.org
- Nephcure: www.nephcure.org
- Sickle Cell Texas: www.sicklecelltx.org