



Local Parent/Caregiver Support Groups

Autism Spectrum Disorder Parent Support Group of Columbia County – This group offers a safe place of hope and encouragement to those caring for a **child with ASD**. Parents, caregivers, teachers, professionals – all are welcome! Contact Sharrie Ryan-Kreins at (503) 396-3361. See our Facebook page at: [Autism Spectrum Disorder Parent Support Group of Columbia County](#) for the most recent info on time and place of group (usually on a Thursday evening at Sharrie’s home in Scappoose.)

AT EASE® Support Group at Pace Place—The AT EASE® Support Group is for families raising individuals with **social learning challenges** including but not limited to Autism Spectrum Disorder, Non-Verbal Learning Disorders, ADD/ADHD, Anxiety, Trauma, Sensory Processing Disorders, Emotional Regulation challenges, Executive Functioning and Attachment challenges. The group is held at Pace Place 2360 SW 170th Avenue, Beaverton. For most recent information on time and day, see <http://www.paceplace.org/development/events/event/at-ease-support-group/> or contact Maria Dorion maria@paceplace.org or (503) 803-3832.

AWEtism We Embrace (AWE)—A group for parents, partners and adults on the autism spectrum wanting a **fresh perspective of what autism** can mean in their lives. Meets 3rd Thursday of every month, 6:30-8:30pm. Providence Medical Center, Room HCC 6 4805 NE Glisan St., Portland. For more information about AWE, contact Shasti McLaughlin at (503) 781-2461 ShastiM@autismempowerment.org www.facebook.com/groups/awetismweembrace

Dads’ Autism Support Group—Open to **dads and male caregivers** who parent youth or adults on the autism spectrum. 3rd Friday of most months from 6:30-8:30pm at Stephen’s Place, 501 SE Ellsworth Rd., Vancouver, WA. Newcomers welcome! Snacks and beverages provided. For more information, contact group leader John Krejcha (360) 852-8369 john@autismempowerment.org www.facebook.com/groups/aedadssupport/

Sensory Kids Caregiver Support Group—Sensory Kids Caregiver Support Group is parent-led and responsive to participants’ needs. This group is for caregivers of children who have **sensory challenges** or needs. Meetings are typically held the 1st Monday of the month 6:00-7:30 p.m. (Subject to change! Please RSVP to confirm schedule.) Located at Sensory Kids pediatric therapy clinic, 1425 N. Killingsworth St., Portland. All families are welcome (you do not need to be a Sensory Kids client.) Please RSVP or contact to join the email list. info@sensorykidsot.com (503) 575-9402



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Spectra Parent Support Group—The purpose of this group is to provide a space for parents in the Spectra gymnastic community to socialize and feel supported. Each monthly group will feature a short presentation and topic discussion. Free, supervised childcare will be provided in the gym by Spectra. 8344 SW Nimbus Ave., Beaverton. 2nd Sunday of every month, 3:30-5:00. RSVP to karissa@spectrapdx.com

Stumptown CHADD Parent Support Group – This support group is open to parents, grandparents, teachers, or other caregivers of children affected by **ADHD**. As well, support is given for parents who may have children with both autism and ADHD or other diagnoses that may accompany ADHD. The group focuses on the child's strengths and gives positive parenting ideas, resources, and understanding. The group meets on the 2nd Thursday of every month, at 6:30pm, at Providence St. Vincent Hospital, 9205 SW Barnes Rd., Portland, in the Stanley Conference Room 22 of the East Pavilion. The group also offers a monthly daytime meeting on a Wednesday morning at 10am (location varies for the daytime group and is announced on the Facebook page). For the most up-to-date information and announcements, go to the <https://www.facebook.com/StumptownCHADD/> Text group leader, Kristin Hanson at (503) 984-5318, if you have any questions.

Talk It Over—Support group for families with a child or teen with **mental illness**, substance abuse, or serious behavior problem. You are not alone! 2nd and 4th Sundays of each month from 4-6pm. Providence Child Center—Providence Portland Medical Center 830 NE 47th Ave., Portland. The glass doors in the front are locked on Sundays, so ring the little remote bell on our sign taped to the door and someone will come get you. There is plenty of parking in the back. For more information, contact Margaret Puckette at (503) 737-9971 or mpuckette@comcast.net

Tigard Therapy Center Parents and Caregivers Support Group—This is a free support and information exchange group led by Dr. Leslie Carter, Psychologist. Parents who attend range from having family members with new diagnoses and young children to aging parents who continue to have concerns about ASD affected adults in their family. No clear diagnosis is needed to attend. Families concerned about related diagnoses are also welcome (e.g., fragile X syndrome, etc.). No RSVP required. This group is particularly applicable to parents of **ASD teenagers who are transitioning to adulthood**. Meets the 1st Thursday of the month from 7 – 9 pm. Free of Charge. 9600 SW Oak Street, Suite 200, Tigard. For more information, contact Dr. Carter's office at (503) 206-5578.