

# Help Groups

Discover 20 grassroots and family-led organizations supporting children with disabilities and their families. Founded by those with lived experience, these groups offer emotional support, advocacy, education resources, and community connections—providing guidance and compassion rooted in real-world understanding.

## Family-Led & Grassroots Support Organizations

### 1. Family Voices

A U.S. national grassroots network led by families of children with special health care needs, offering peer support, policy advocacy, toolkits, and local connections [p2pusa.org+14Family\\_Voices+14Wikipedia+14](#)

 [familyvoices.org](https://familyvoices.org)

### 2. Parent to Parent USA

Matches parents with trained peer-support moms and dads across the U.S., offering emotional and practical guidance on caregiving, education, and healthcare navigation [Michigan Alliance for Families+3Family\\_Voices+3SpecialOlympics.org+3ces-schools.net+3p2pusa.org+3Verywell Health+3](#)

 [p2pusa.org](https://p2pusa.org)

### 3. Hands & Voices

Parent-run nonprofit providing unbiased support for families of deaf or hard-of-hearing children, with chapters nationwide offering resources and peer groups [p2pusa.orgWikipedia+1Michigan Alliance for Families+1](#)

 [handsandvoices.org](https://handsandvoices.org)

### 4. Decoding Dyslexia

An all-volunteer movement founded by parents advocating for improved dyslexia instruction and policy in public schools across all U.S. states and Canadian provinces [WikipediaWikipedia](#)

 [decodingdyslexia.net](https://decodingdyslexia.net)

### 5. Federation for Children with Special Needs (FCSN)

Massachusetts-based grassroots nonprofit offering parent-to-parent help, educational workshops, policy training, and inclusive engagement across families and professionals [Wikipediafriendshipcircle.org+1ces-schools.net+1Verywell Health+6Family\\_Voices+6The Arc+6](#)

 [fcsn.org](https://fcsn.org)

### 6. Michigan Family Voices

A collaborative of Michigan parents advocating for improved health and special education services across the state

[SpecialOlympics.org+3Michigan Alliance for Families+3f2fmichigan.org+3](#)

 via [Michigan Family Voices partner network](#)

7. **Michigan Alliance for Families**

Grassroots partnership network supporting parents of children with disabilities through statewide advocacy, training, and one-to-one support

[Michigan Alliance for Families](#)

 [michiganallianceforfamilies.org](http://michiganallianceforfamilies.org)

8. **Parent Centers (PTIs & CPRCs)**

Nearly 100 grassroots-funded local parent training centers across all U.S. states and territories connecting families to information and assistance

[Verywell Health+6Parent Information Center+6Parent Information Center+6](#)

 [parentcenterhub.org/find-your-center](http://parentcenterhub.org/find-your-center)

9. **Advocates for Mental Health of Michigan Youth**

Grassroots parent-led coalition advocating for youth with complex mental health needs in Michigan via storytelling and legislative reform

[Wikipedia+11Parent Information Center+11Parent Information Center+11f2fmichigan.org](#)

 via [f2fmichigan.org](http://f2fmichigan.org)

10. **Kupenda for the Children**

Originally founded in Kenya, this grassroots-based NGO supports children with disabilities through inclusion, advocacy, prosthetics, and community education [f2fmichigan.orgACL Administration for Community Living+6Wikipedia+6Wikipedia+6](#)

 [kupenda.org](http://kupenda.org)

11. **1in6 Support**

A local grassroots nonprofit offering free weekly support groups and online forums for families of children with disabilities in Midland, Michigan and nationwide [The Guardian+2Midland Daily News+2Parent Information Center+2](#)

 [1in6support.org](http://1in6support.org)

12. **The Winford Centre for Children and Women**

Lagos-based grassroots organization empowering families of children with autism, ADHD, and other disabilities through advocacy, education, and inclusion work [Wikipedia](#)

 [thewinfordcentre.org](http://thewinfordcentre.org)

13. **Scope UK Community Forums**

Grassroots peer forums (run by UK charity Scope) offering emotional support, advice, and shared stories for parents of disabled children [The Guardian](#)

 via [scope.org.uk](http://scope.org.uk)

14. **The Arc (local chapters)**

Originating as grassroots movements by families around kitchen tables,


local chapters provide direct support, advocacy training, and community services [SpecialOlympics.org+2The Arc+2The Arc+2](#)

 [thearc.org](#)

15. **Autistic Self Advocacy Network (ASAN)**

Run by autistic individuals, ASAN supports autistic children and youth through youth chapters, leadership programs, and policy advocacy

[Wikipedia+1SpecialOlympics.org+1](#)

 [autisticadvocacy.org](#)

16. **Easterseals local affiliates**

Grassroots-based local affiliates offer therapy, inclusive programs, camps, and parent resources for children with disabilities [ces-](#)

[schools.net](#)

 via [easterseals.com](#)

17. **United Cerebral Palsy (UCP) Chapters**

Family-led local chapters providing peer support, assistive tech, and community services for children with cerebral palsy and similar

disabilities [lookingglass.org+15ces-](#)

[schools.net+15p2pusa.org+15Wikipedia](#)

 via [ucp.org](#)

18. **Autism Society of America (local affiliates)**

Grassroots national network offering local chapter support groups, educational events, inclusive opportunities, and policy advocacy [ces-](#)

[schools.net+4Verywell Health+4The Arc+4](#)

 via [autismsociety.org](#)

19. **Organization for Autism Research (OAR)**

Grassroots-founded by parents to fund applied research and provide direct support to families navigating autism challenges [Verywell Health](#)

 [autismresearch.org](#)

20. **Family Hope Center**

Grassroots family resource center offering local-support and training for parents of children with disabilities [friendshipcircle.org+2ces-](#)

[schools.net+2Parent Information Center+2p2pusa.org](#)

 via [[familyhopecenter.org](#)] (*or local affiliate listings*)

 **What Makes These Organizations Unique**

- **Led by parents, caregivers, or individuals with disabilities** — grounded in lived experience
- **Peer support and emotional connection** — helping families find community and reduce isolation
- **Policy and systems advocacy** — driving change through storytelling and grassroots organizing

- **Local access, national networks** — many have chapters or parent centers in each state
- **Specialty focus areas** — from dyslexia to cerebral palsy, deafness, autism, mental health, and more