

Autism Parent Community Resources

Online + In-Person (United States)

If you're feeling overwhelmed or isolated, you don't have to figure everything out alone. Below is a practical list of **trusted online communities and ways to find in-person support**, wherever you live.

You can move slowly. Start with what feels most supportive right now.

Online Communities (National / Multi-State)

These are parent-to-parent spaces for connection, validation, and shared experience (not medical advice).

MyAutismTeam

Peer support network specifically for parents of autistic children

<https://www.myautismteam.com/>

Reddit – r/Autism_Parenting

Anonymous peer discussion, venting, and shared resources

https://www.reddit.com/r/Autism_Parenting/

Wrong Planet Forums

Long-standing autism community with sections for parents, autistic adults, and professionals

<https://wrongplanet.net/forums/>

Autistic Self Advocacy Network (ASAN) – Affiliate Groups

Many state-based groups that meet online and/or in person

<https://autisticadvocacy.org/get-involved/affiliate-groups/>

Autism Society – AutismSource Resource Hub

Educational resources and links to support services

<https://source.autismsociety.org/autismsource/>

Autism Speaks – Resource Guide

Directory of services and programs by ZIP code

<https://www.autismspeaks.org/resource-guide>

(Note: This organization is debated in the autism community — use what feels helpful and aligned for your family.)



In-Person & Local Support (By State)

The resources below exist in **every U.S. state**. You can enter your state or ZIP code to find local groups, parent education, IEP advocacy, and community support.

Start Here (Recommended)

Parent Training & Information Centers (PTIs / CPRCs)

Free, federally funded parent centers offering:

- IEP and school advocacy support
- Parent education workshops
- Family-to-family guidance

Find your state's center:

<https://www.parentcenterhub.org/find-your-center/>

Family Voices – Family-to-Family Health Information Centers

Family-led organizations supporting parents navigating:

- Healthcare systems
- Disability services
- Emotional support and referrals

Find your state affiliate:

<https://familyvoices.org/findhelp/>

Additional Local Community Options

Autism Society – Local & State Affiliates

Support groups, events, education, and community resources

<https://autismsociety.org/local-support/>

The Arc – Local Chapters

Advocacy and support for individuals with intellectual and developmental disabilities

<https://thearc.org/find-a-chapter/>

HHS / IACC – State Autism Resources

Links to state autism councils, developmental disability agencies, and health services

<https://iacc.hhs.gov/resources/organizations/states/>

How to Use This List

You don't need to do everything at once.

A gentle approach:

1. Start with your **state's Parent Center** or **Family Voices affiliate**
2. Look up **local Autism Society** or **The Arc chapters**
3. Join one online space that feels grounding (not overwhelming)

You're allowed to take support in the way that works for *your* nervous system.

A Note from Me

If you're here because you're exhausted, grieving, or just trying to make it through the day — you're not failing.

Community doesn't fix everything.

But it can make things feel **less lonely**.

My name is Erin Vazquez. I'm a mom of a neurodivergent child, military spouse and psychologist in training. My experience of our son being diagnosed dragged me into the darkest spaces and when I emerged I knew I wanted to become a psychologist to help other parents navigate the journey of parenting these beautiful little souls. Please come hang out with me on [Instagram](#) where I'm spreading my mission, which is:

My mission is to help 444,000 autism mommas become the fiercest, baddest advocates for their babies — by giving them science-backed and depth-psychological tools that dissolve anxiety, anchor them into their truth, and reconnect them with their intuition.

No more shrinking.

No more shame.

No more medical gaslighting.

No more systems deciding what our children are capable of.

The systems will no longer stand unchanged — because regulated, intuitive, warrior-level mothers will rise and restructure them from the inside out.

You are totally safe, healthy, whole, complete, capable, and worthy.

Hugs, Erin

This list is offered as a starting point, not a prescription. Trust your intuition. Take what helps. Leave the rest.