

SEO Title: How Do I Find Parent Support in Arizona for My Teen with Autism or ADHD?

Meta Description: How do I connect with other parents of teens with autism or ADHD in Arizona? PS Academy Arizona offers a private Facebook group where families share advice, resources, and support. Join today to connect with a local community that understands.

URL: /find-parent-support-arizona-autism-teens

How Do I Find Parent Support in Arizona for My Teen with Autism or ADHD?

Raising a teen is no easy feat. Raising a neurodivergent teen? Well, that's leveling up to parenting mode: expert. There are milestones to celebrate, curveballs to manage, and approximately 18,000 questions to ask and answer. Through it all, you're not alone.

At [PS Academy Arizona](#), we're more than just a school, we're a community. Part of that community includes a special, top-secret (okay, not really *that* secret) Facebook group just for PS Academy parents.

So, we're going to highlight why you might want to join us online and even throw in some extra resources because sometimes you need all the help you can get.

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Picture this: you finally found a space where you can share your teen's latest win (even if that win is "they remembered to pack a snack!") and everyone's as excited as you! This Facebook group is just for PS families, which means you've got a built-in support system for parents who get it.

Here's what you can expect:

- **Share the Wins:** Big, small, or hilariously unexpected, we'll celebrate them all.
- **Ask for Ideas:** "Does anyone else's teen refuse to wear socks... or is that just us?" (Spoiler: It's not just you.)
- **Find Your People:** It's a safe space. No judgment, no awkwardness, just a whole lot of support.

We'd love for you to join the fun, so log in and [join now](#).

What Are the Best Autism & ADHD Resources for Parents in Arizona?

While we're big fans of our little PS community, there's a whole world of local resources out there for parents like you. We're not affiliated with them and don't get a commission; they're just genuinely awesome.

[Arizona Empowerment Scholarship Accounts \(ESA\)](#)

This one's a game-changer for Arizona families navigating scholarships. Got questions? Need guidance? This group is the place for parents to help their kids access the funds they need for education.

[Arizona ESA Networking](#)

ESA funding can feel like solving a Rubik's cube, but this group simplifies it. Parents share tips, tools, and victories. Figuring it out together is always better than trying to go at it alone.

[Arizona+ ADHD Parent Support](#)

Need strategies for improving your teen's time management or improving patience? This group offers support, tips, and a lot of "OMG, same!" moments.

[Autism Parents of Arizona](#)

Think of this group as a support hotline on Facebook. Got questions? Celebrating a milestone? This group is a lifeline for Arizona parents navigating the autism journey.

[AZ Autism Community](#)

This one's all about building connections and sharing resources. Whether you're looking for advice, local events, or just a group to say, "Yep, been there," this is the place to be.

[Look! A Squirrel](#)

We don't know what's better: the name or the group itself. Equal parts support and humor, this is the group for when you need practical tips and a little lighthearted relief.

[East Valley Autism Network Support Group](#)

Looking for local events, resources, or just an excuse to meet other families in the East Valley? This network has you covered.

[Gilbert Parks and Rec Certified Autism Center](#)

Need a local outing that won't overwhelm your teen? Gilbert Parks and Rec offers certified autism-friendly activities so the whole family can enjoy the great outdoors together.

Why Should I Join a Parent Support Group for Autism & ADHD in Arizona?

Parenting can be hard, but community makes it easier. Sometimes, you just need to vent about forgotten homework, missing shoes, or the endless list of foods your teen won't touch.

Whether it's our private PS Academy Parent Connection group or one of the other awesome resources above, there's a community out there for you. You'll get advice, encouragement, and a reminder that there are people out there who have your back.

How Do I Join PS Academy Arizona's Parent Support Group on Facebook?

If you're part of the PS family, [reach out](#) or come say hello in our private Facebook group. Share a win, ask a question, or just sit back and scroll while you sip that well-deserved coffee.

Parenting may be tough, but you've got a whole team cheering you on.