



Find Your People Worksheet

Because you shouldn't have to navigate this journey alone

Step 1: What Kind of Support Do I Need?

- ☐ Emotional support (venting, validation, encouragement)
- ☐ Practical advice (IEPs, therapies, daily routines)
- ☐ Local connections (meetups, playgroups, school allies)
- ☐ Advocacy and rights guidance
- ☐ Celebrating wins and progress
- ☐ Just someone who gets it

Step 2: What Format Works Best for Me?

- ☐ Facebook groups
- ☐ Zoom support circles
- ☐ In-person meetups
- ☐ Forums or message boards
- ☐ Podcasts or blogs
- ☐ Text-based check-ins
- ☐ One-on-one mentorship

Step 3: What Do I Want in a Community?

- ☐ Inclusive of neurodiversity and all abilities
- ☐ Judgment-free and emotionally safe
- ☐ Shares resources and real-life tips
- ☐ Celebrates small wins and progress
- ☐ Offers space for both humor and hard days
- ☐ Matches my child's age/stage or diagnosis
- ☐ Welcomes all family types (single parents, grandparents, etc.)

Step 4: Explore & Connect

-  Search for groups using keywords like:

- "Autism parent support group"
- "Neurodiverse families forum"
- "Special needs parenting community"
- "IEP advocacy group"
- "Sensory-friendly playgroup Houston"



Online Communities for Special Needs Families

Because solidarity, stories, and support make all the difference



Supportive Communities to Explore



Stephen's Place – Online Support Groups

Features a roundup of national support groups including:

- Caregiver Action Network: Peer support and resources for all caregivers
- Parent to Parent: Matches families with experienced mentors
- DailyStrength: Open forums for emotional and practical support
- Mommies of Miracles: Facebook-based support for moms of children with complex medical needs.



Parents Helping Parents – Virtual Support Groups

Free, confidential groups for parents of neurodivergent children, children with anxiety/depression, and more. Includes specialized groups for fathers, BIPOC parents, and grandparents raising grandchildren.



Notes:

- Group I want to try: _____
- Contact person or link: _____
- First step I'll take this week: _____

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