

Parenting Tips: Connecting with Other Parents

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July 2021

1 Get out in the Community

Find places where people with similar aged children are spending time, like the playground, library, parks. If you go a few times you may start to see the same parents and connect with them that way. Grocery stores, coffee shops, and local stores can have good info about community events on community bulletin boards. Those local events are another great way to meet and connect with parents in your area.

2 Connect on Social Media

Find if there's a Facebook group page for your community and join that. Many places have larger groups for the full city (if you're in a city), and smaller groups for each neighborhood. Just remember to be careful about meeting up with people, and only meet in public spaces. Facebook groups are also a good place to find out about local community and family events happening near you.

3 Find a Local Self-Advocacy Group

Most areas have a local self-advocacy group with other people with disabilities, and some of them may also be parents. There's a self-advocacy group near me and I have met a few people like that through a group so look for those groups in your area, or online. You may be able to find them through the Self Advocates Becoming Empowered (SABE) website: <https://www.sabeusa.org/>. They have a listing of local groups.