

# FINDING A SUPPORT GROUP

There are many reasons to consider joining an ASD support group (see ASERT's FAQ Sheet: [How to Use Support Groups](#)). This FAQ sheet is designed to help you find one that meets your needs.

## STEP 1

First, decide what it is that you want to get out of joining a support group by reading ASERT's FAQ Sheet: [How to Use Support Groups](#).

## STEP 2

Visit ASERT's [Support Group Map](#) webpage to find a listing of all of the available support groups in your local area.

- This site includes both in-person and online support groups by county.
- Location and contact information for support groups can be found on this site.
- Read the short description beside each listing and decide if the group might be interesting to you.
- If you decide that it might be something you are looking for, click on the group's name to learn more about it.



## STEP 3

Contact the group to request more information, including the following:

- Is childcare provided for meetings?
- Do I need to pay a membership fee to attend the group meetings?
- Should I RSVP before attending a meeting?
- What should I bring with me to feel prepared for the meeting?

## STEP 4

If you don't see a group that you think will fit your needs, read ASERT's FAQ Sheet: [Starting a Support/Self Advocacy Group](#) and consider starting a support group of your own.

- Don't forget to contact the ASERT Autism Resource Center to tell us about your group!



*This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT). For more information, please contact ASERT at 877-231-4244 or [info@PAautism.org](mailto:info@PAautism.org). ASERT is funded through the Office of Developmental Programs, PA Department of Human Services.*