

PARENT RESOURCES- SUPPORT, CONSULTATION, THERAPY & FUNDING			
MENTAL HEALTH COUNSELING			
AMY DUNN- NC	Specializes in providing mental health counseling to caregivers.	https://www.amydunncounseling.com	Hello@AmyDunnCounseling.com
AMANDA ZAIDMAN-NC	Specializes in providing mental health counseling to caregivers.	https://constructiveparenting.com/about-amanda-zaidman/?fbclid=IwAR1nqTawR3gDeT_WwaCCdpQ	amandazaidman@constructiveparenting.com
CRYSTAL POLK- SC	Specializes in providing mental health counseling to caregivers & siblings	https://www.bettertomorrowtherapy.com/	crystal@bettertomorrowtherapy.com
EBONY MARTINEZ- NC	Specializes in providing mental health counseling to caregivers	https://www.calmcounseledthoughts.com/	contact via form on website
JACKIE KURTZ- NC	Specializes in providing mental health counseling to caregivers	http://greenwoodcounselingkn.com/	info@greenwoodcounselingkn.com
JOANN ABDO- NC	Specializes in providing mental health counseling to caregivers	https://ahdocounseling.com/	abdocounseling@gmail.com
JOANNA VON STADEN (HUNTERSVILLE), SARAH ERNST & AVA FURR(MYERS PARK)	Specializes in providing mental health counseling to caregivers. Certified (CPRT), Child-parent relationship training.	https://www.healingworkscounseling.com/	admin@healingworkscounseling.com
MELISSA MARTIN- NC	Specializes in providing mental health counseling to caregivers. Especially with trauma component, ie Medical trauma	https://www.melissamartincounseling.com/?fbclid=IwAR0yBss5irCEzwoUAD7x4Kp4ip6uzhL7xEfg035e	9802888064
SANDRA JACKSON- NC	Specializes in providing mental health counseling to caregivers	http://www.horizonpsychologicalsvcs.com/?fbclid=IwAR0VGy4m1kMFRXGizud24r72iKN_WcgGSyJkG	Gpopko@horizon-psych.com
STEPHANIE GOODSON- NC	Specializes in providing mental health counseling to caregivers	https://clearfoundationsnc.com	info@clearfoundationsnc.com
TRACY MASIELLO- NC	Specializes in providing mental health counseling to caregivers. (PCIT) Parent-child interaction therapist	https://www.reachingresolution.net/meet-our-team	contact via form on website
VONETTA BLAKELY- NC	Specializes in providing mental health counseling to caregivers	https://www.rootedtherapeuticsservices.com/	vonetta@rootedtherapeuticsservices.com
COACHING & CONSULTING			
AARIKA WAKEFIELD	IEP coach	https://focusadvocacy.com/	contact via form on website
BECKYE BARNES- SC	Special education advocate, IEP consultant	https://beckyebarnes.com	beckyebarnes@gmail.com
CAROLINA RAMIREZ- NC & SC	Parent coach specializing in working with parents of neurodiverse children	https://www.iamecarolinaramirez.com/	CarolinaRamirez.CSW@gmail.com
GAILE VALCHO- NC	IEP consultant	https://gailevalcholepcconsultant.com/?fbclid=IwAR1IEzCReqZMytUJ6nTdxzma4yBZyZX1GREU0BzH	Gailev@me.com
LARINA PIERCE- Greater Charlotte & Lake Norman Areas	IEP/504 Consultant and Family Coach	https://www.lpfamilycoaching.com/	lpfamilycoaching@gmail.com
LAUREN UNGAR- Greater Charlotte, NC, Fort Mill, SC and surrounding areas	Special Ed Support Coach to assist your child in reaching goals at home and in the community	https://specialedsupportcoach.com	Call (858-945-1775) or complete contact form on website
MICHELE MATTOX, NO LIMITS COUNSELING- NC & SC	Consultation to share resources and programs for your teen or adult. Focusing on social interactions, relationships, dating, sex ed.		
SUSAN BRUCE- NC & SC	Special education advocate and consultant	http://www.spedad.com/	susan.spedad@gmail.com
TRANSITION PLANNING, ADVOCACY & PARENT SUPPORT ORGANIZATIONS			
AMAZING GRACE ADVOCACY	Family support and youth social programs.	https://amazinggraceadvocacy.org	connect@amazgraceadvocacy.com
AUTISM NEXT STEPS, Charlotte, NC	Parent to parent support group for parents of children ages 14-19 with autism and/or IDD	https://autismnextsteps.org	https://autismnextsteps.org/contact-us
A MOTHER'S REST	Therapeutic respite retreats for caregivers. Various locations across the US.	https://www.amothersrest.org/?mbxid=Zxz2cZ	https://www.facebook.com/amothersrest/?mbxid=LQQJ4d
A SPECIAL NEEDS PLAN- NATIONWIDE	Special needs planning advisory firm, transition support, guardianship, financial planning	https://aspecialneedsplan.com/	info@aspecialneedsplan.com
BEYOND DOWN SYNDROME	The Essential Guide for Families with Down syndrome: Plans and Actions for Independence at Every Stage of Life	https://www.beyondkidstoo.com	contact form via website
BLOOMING KIDS TOO, Fort Mill, SC & Surrounding areas	Party planning for individuals with special needs, IEP consultation, community outing training.	https://www.bloomingkidstoo.com	bloomingkidstoo@gmail.com
BRADY VALCHO AUTISM FOUNDATION- NC	Autism resources and awareness events	https://bva.foundation	info@bva.foundation
CAMP DIRECTORY- NC	Camps listed by specialty/diagnosis and county... throughout NC	https://fp.unc.edu/sites/all/files/attachments/2022%20Summer%20Camp%20Directory.pdf?fbclid=IwAR2unpHBK0zOWP5mX3a-sZ0c8KxYCTICEC4eOxJ7y7s_2i1BNc3vGD4BA44mbxid=Zxz2cZ	
CAREGIVER MENTAL WELLNESS, INC.	Advocacy, resources, speakers, meditation, getaways for caregivers	https://caregivermentalwellness.com	cdowdy@caregivermentalwellness.com
CEREBRAL PALSY GUIDE	free educational materials, financial resources, and support options for families affected by this condition and other birth injuries	https://www.cerebralpalsyguide.com/	amie@cerebralpalsyguide.com
COLLEGE LIVING EXPERIENCE	Provides supports to students with disabilities to help them succeed in college.	https://experienceccl.com	info@experienceccl.com
FAMILY CONNECTION OF SC	Service provider. Family support, training, advocacy	https://www.familyconnections.org	info@familyconnections.org
FAMILY SUPPORT NETWORK OF NC	Parent to parent support, mentorship, resource and referral information	https://fspnc.org/?q=home	fsp.cnr@unc.edu
HAPPY MAMA CONFERENCE & RETREAT- Asheville, NC	Educational Conference and Spa Weekend for moms of kids with extra needs	https://parentingadhdandaulism.com/happy-mama-retreat/	https://m.facebook.com/HappyMamaConferenceRetreat/?mbxid=LQQJ4d
JONI & FRIENDS- NATIONWIDE	Family Retreats & Marriage Getaways for families that care for a loved one with special needs.	https://www.joniandfriends.org/ministries/retreats-and-getaways/	Call or Text: (818) 707-5684
LET'S TALK ABOUT IT, THE AUTISM CENTER- Charlotte NC	Workshops and support groups for parents	https://www.letsstalkabouttheautismcenter.org/caregivers	labeckyrce@gmail.com
RETHINKING GUARDIANSHIP- NC	To promote less restrictive alternatives to guardianship, FAQ for all things guardianship	https://rethinkingguardianshipnc.org	lkfields@email.unc.edu
GRUPO PODER Y ESPERANZA- NC	Support group for spanish speaking families	https://www.facebook.com/grupo.poderyesperanza/	grupopoderyesperanza@gmail.com
SOUTH CAROLINA ADVOCATES FOR EPILEPSY	Training and advocacy for those living with epilepsy.	https://scepilepsy.org	karen@scepilepsy.org
TACA (The Autism Community in Action),NC	Hosts educational speakers and networking events for parents with a child with autism.	https://tacanow.org/local-chapters/southeast/north-carolina/?fbclid=IwAR3L_JzeRmkShxjmwvEBZ0j_wx	https://www.facebook.com/TACANorthCarolina/?ref=ts
TRUSTED PARENTS- NC	Parent training, workshops, focus groups, guardianship consultation, IEP advocacy	http://www.trustedparents.org/	info@trustedparents.org
WORK TOGETHER NC	Digital, personalized action plan forms to assist with transition to adulthood	https://worktogethernc.com/action-plans/	worktogethernc@med.unc.edu
VISUAL AIDS, PRINTALBES, SOCIAL STORIES FOR ALL AGES			
SOCIAL STORIES & MENTAL HEALTH RESOURCES FOR TEENS/ADULTS WITH IDD	https://www.teacherspayteachers.com/Store/No-Limits-Counseling		
VISUAL AIDS AND VIDEOS FROM THE ADULT DOWN SYNDROME CENTER	https://adsresources.advocatehealth.com/search/people-with-down-syndrome/		
DSCBA MENTAL HEALTH PADLET- FREE PRINTABLES	https://padlet.com/DSCBA/dscba-mental-health-alliance-otzudfzmka3q8n7		
FUNDING, GRANTS, SCHOLARSHIPS			
SCHOLARSHIPS FOR STUDENTS WITH DISABILITIES GOING TO COLLEGE	Scholarships for traditional college and IDD programs	https://thinkcollege.net/sites/default/files/files/resources/HTTC11_Scholarships%20for%20Students%20with%20ID%20update%202023_F_0.pdf	
AUTISM STRONG FOUNDATION, NC & SC	Provides funding for therapeutic services for individuals with autism across the lifespan	https://autismstrong.org	hello@autismstrong.org
UNLOCKED, Charlotte, NC	Provides funding for adaptive and medical equipment	https://unlockedinc.org	https://unlockedinc.org/contact/
RUBY'S RAINBOW- throughout U.S	Provides college scholarships to students with Down syndrome	https://rubysrainbow.org	https://rubysrainbow.org/#
List created & managed by Michele Mattox (No Limits Counseling)- email with questions or to be added to list: michele@nolimitscounseling.org			