

Family Connections: Helping Families Connect, Learn, and Advocate

This guide is a list of organizations across Connecticut that offer support, education, and advocacy for parents, caregivers, and families. Whether you're looking for parenting resources, help navigating your child's needs, opportunities to connect with other families, or tools to become a stronger advocate, this directory can help you find programs that fit your family's goals. This is not an exhaustive list. We encourage you to explore the resources, ask questions, and reach out to them directly—every family deserves support, and you don't have to navigate the journey alone.

African Caribbean American Parents of Children with Disabilities (AFCAMP)

Offers: Parent/Caregiver education and support

Educates and empowers families of children with disabilities to advocate, engage in system work to improve lives.

Focus: Advocacy and resources for children with disabilities including advocacy in special education juvenile justice, health equity and transitions into adulthood.

Website: <https://www.afcamp.org/>

Bridgeport MOMS Program

Offers: Parent/Caregiver education and support

An 8-week stress management course for mothers led by a licensed clinician and Community Mental Health Ambassador.

Focus: Maternal mental health (Bridgeport-area mothers/primary caregivers of children under 18)

Website: <https://alliancect.org/bpt-moms/>

Children's Health and Development Institute (CHDI) – Kids Mental Health Trainings

Offers: Parent/Caregiver education

Free, asynchronous online behavioral health trainings for professionals working with children and families.

Focus: Children's behavioral health workforce development

Website: <https://www.chdi.org/our-work/quality-improvement/training/kids-mental-health-training>

Circle of Security

Offers: Parent/Caregiver education and support

Research-based parenting program focused on building secure parent-child relationships.

Focus: Early childhood parent/caregiver support

Website: <https://www.circleofsecurityinternational.com/pages/what-is-the-circle-of-security>

Connecticut Alliance of Foster and Adoptive Families (CAFAF)

Offers: Parent/Caregiver education and support

For questions specific to this list compilation, contact: CTNetworkofCareManagers@Carelson.com

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Post-licensing training modules for foster and adoptive parents.

Focus: Foster and adoptive parents (DCF/private agency licensed homes)

Website: <https://cafafct.org/learn/>

Connecticut Parenting Advocacy Center (CPAC)

Offers: Parent/Caregiver education and advocacy skills

Educates and empowers families of children with disabilities to advocate under IDEA.

Focus: Families of children with disabilities (birth–26)

Website: <https://www.cpacinc.org/>

CT Data Collaborative

Offers: Parent/Caregiver education and advocacy skills

Workshops improving data literacy for informed civic and professional decision-making.

Focus: Parents, providers, stakeholders

Website: <https://www.ctdata.org/data-literacy>

CT Family Support Network (CTFSN)

Offers: Parent/Caregiver peer support, education and advocacy skills

Statewide family support organization providing resources and advocacy for families of individuals with disabilities and special healthcare needs.

Focus: Families of children with disabilities and special healthcare needs

Website: <https://ctfsn.org/>

CT Voices for Children

Offers: Parent/Caregiver education and advocacy skills

Leadership development and public policy advocacy organization.

Focus: Young adult leadership in public policy

Website: <https://ctvoices.org/>

Dads Are The Difference (DAD) – St. Joseph's Parenting Center

Offers: Parent/Caregiver education and support

14-class fatherhood curriculum emphasizing positive parenting and violence-free family life.

Focus: Fathers (Stamford, Danbury, Bridgeport)

Website: <https://sjpcenter.org/dads-are-the-difference/>

Disability Rights Connecticut

Offers: Parent/Caregiver education and advocacy skills

Training and advocacy regarding disability rights (ADA, IDEA, employment, voting access).

Focus: Individuals with disabilities and families

Website: <https://www.disrightsct.org/mission>

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Family Forward Advocacy CT (FFACT)

Offers: Parent/Caregiver peer support, education and advocacy skills

Education, webinars, and advocacy support for parents raising attachment-disrupted and developmentally traumatized children.

Focus: Trauma-informed parenting and child welfare advocacy

Website: <https://www.ffact.org/education-and-training>

Family Leadership Center

Offers: Parent/Caregiver education and advocacy skills

Parent leadership training to increase civic engagement and systems change.

Focus: Parents interested in advocacy and community leadership

Website: <https://grassrootsfund.org/groups/family-leadership-center>

FAVOR – Learning & Leadership Academy

Offers: Parent/Caregiver peer support, education and advocacy skills

Training to develop youth and family leadership and peer support skills.

Focus: Parents of children under age 22

Website: <https://www.favor-ct.org/programs-services/lla/>

Greater Bridgeport Area Prevention Program (GBAPP, Inc.)– Teen Fathers Program

Support program for young fathers promoting parenting involvement, education, and employment skills.

Focus: Teen fathers

Website: <https://www.gbapp.org/youth-services>

General Parenting Program (GPP) – St. Joseph's Parenting Center

Offers: Parent/Caregiver education and support

23-class curriculum teaching positive parenting knowledge and life skills.

Focus: Mothers and fathers (Stamford, Danbury, Bridgeport)

Website: <https://sjpcenter.org/general-parenting-program/>

Make the Road Connecticut (MRCT)

Offers: Parent/Caregiver education and advocacy skills

Community organization providing advocacy, health education, and empowerment in immigrant communities.

Focus: Immigrant, Latine, and working-class families

Website: <https://www.maketheroadct.org/ourprograms>

MindBlossom

Offers: Parent/Caregiver education and support

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Partner Organizations





12-week maternal health program addressing mental and financial wellness.

Focus: Pregnant women and mothers of infants (New Haven area)

Website: <https://mindblossom.org/>

National Alliance on Mental Illness of Connecticut (NAMI) – NAMI Basics

Offers: Parent/Caregiver peer support and education

Free 6-session education program for parents/caregivers of youth with mental health symptoms.

Focus: Parents of children under age 22 (statewide)

Website: <https://namict.org/support-and-education/mental-health-education/nami-basics/>

National Alliance on Mental Illness of Connecticut (NAMI) – NAMI Smarts for Advocacy

Offers: Parent/Caregiver peer support, education and advocacy skills

Grassroots advocacy training to help people turn lived experience into effective advocacy skills.

Focus: Advocacy skill-building for individuals/families impacted by mental illness

Website: <https://namict.org/support-and-education/presentations/nami-smarts-for-advocacy/>

NextGen Parent Academy – Southern Connecticut State University (SCSU)

Offers: Parent/Caregiver education and support

Monthly virtual parenting trainings supporting academic, social, and emotional development.

Focus: Parents/guardians of children of all ages

Website: https://www.southernct.edu/owll/nextgen_parent_academy

Parent Education Program (PEP)

Offers: Parent/Caregiver education and advocacy skills

State-mandated 6-hour parenting class for parents involved in custody/visitation/divorce cases.

Focus: Parents involved in Family Court

Website: <https://uwc.211ct.org/divorcing-parents-parenting-education-programs-pep/>

Parent Leadership Training Institute

Offers: Parent/Caregiver education and advocacy skills

Nonpartisan leadership training for parents to influence public policy.

Focus: Parent civic engagement and policy advocacy

Website: https://wp.cga.ct.gov/cwcseo/sub_commissions/parent-leadership-training-institute/

Parent Training and Information (PTI) Centers

Offers: Parent/Caregiver education and advocacy skills

Federally funded centers providing training, information, and support to families of children/young adults with disabilities.

Focus: Parent leadership & special education advocacy

Website: <https://www.parentcenterhub.org/find-your-center/>

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Parents Available To Help, Inc. (PATH)

Offers: Parent/Caregiver peer support and education

One-on-one support and training for families of children with special needs from prenatal through adulthood.

Focus: Families of children with special needs

Website: <https://pathct.org/training/>

Parents Connecting Parents (Office of Early Childhood)

Offers: Parent/Caregiver peer support and education

Connects parents with Parent Ambassadors for guidance and peer support.

Focus: Parent-to-parent support (multiple CT cities)

Website: <https://www.ctoec.org/parents-connecting-parents/>

Parents Second Time Around

Offers: Parent/Caregiver peer support and education

Support for grandparents and relative caregivers raising children, including meals and educational sessions.

Focus: Kinship caregivers (Bridgeport)

Website: <https://easternusa.salvationarmy.org/southern-new-england/bridgeport/parents-second-time-around-bridgeport/>

Parents Supporting Educational Excellence (Parents SEE)

Offers: Parent/Caregiver peer support, education and advocacy skills

13-session training program developing parent leaders and partners in education.

Focus: Parent leadership in education equity

Website: <https://partnersforel.org/services/family-community-partnerships/parents-see-network/>

Partners in Policymaking (PIP) – UConn

Offers: Parent/Caregiver education and advocacy skills

Leadership training fostering collaboration among people with disabilities, families, and policymakers.

Focus: Disability policy leadership

Website: <https://uconnuccedd.org/leadership-and-community-support-projects/partners-in-policymaking/>

People Empowering People (PEP) – UConn

Offers: Parent/Caregiver education and support

Leadership development program connecting personal growth to community action.

Focus: Adults and older teens

Website: <https://peopleempoweringpeople.extension.uconn.edu/>

Positive Parenting (Triple P)

Offers: Parent/Caregiver education and support

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In-home parenting education program pairing families with trained Parent Educators.

Focus: Parents/caregivers of children ages 0–17

Website: <https://www.triplep-parenting.com/us/triple-p/>

Raising Highly Capable Kids™

Offers: Parent/Caregiver education and support

13-week evidence-based program building resilience and developmental assets in children.

Focus: Parents (Stamford, Bridgeport, Stratford)

Website: <https://www.rezilientkidz.com/raising-highly-capable-kids/>

Regional Behavioral Health Action Organizations (RBHAOs)

Offers: Parent/Caregiver education

Regional organizations offering behavioral health planning, prevention, education, and training.

Focus: Parents, residents, providers, and community members

Websites:

Region 1: <https://catalystct.org/the-hub/>

Region 2: <https://www.apw-ct.org/>

Region 3: <https://www.seracct.org/>

Region 4: <https://amplifyct.org/>

Region 5: <https://www.wctcoalition.org/>

SPED*NET (Special Education Network, Ltd.)

Offers: Parent/Caregiver education and advocacy skills

Advocacy and educational programs supporting parents navigating special education and disability services.

Focus: Parents of children with IEPs/504 Plans and special education needs

<https://spednet.org/>

The Alliance Center

Offers: Parent/Caregiver education and support

Perinatal mental health services, parenting support, therapy, and classes for mothers and families.

Focus: Maternal mental health (Stamford area)

Website: <https://www.thealliancecenterct.com/>

The Women's Circle – St. Joseph's Parenting Center

Offers: Parent/Caregiver education and support

8-class course centered on mothers gathering for support and self-care skills.

Focus: Mothers (Stamford, Danbury)

Website: <https://sjpcenter.org/the-womens-circle/>

Torrington Area Families for Autism (TAFA)

Offers: Parent/Caregiver peer support, education and advocacy skills

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Parent-led autism advocacy, support groups, social activities, and parent education.

Focus: Parents/caregivers raising children with autism

Website: <https://www.tafainc.org/what-we-do.html>

OurTransLife.org

Offers: Parent/Caregiver peer support, education and advocacy skills

Social justice organization utilizing a collaborative approach to provide programming and services for the expansive transgender and gender-diverse communities. Fosters fellowship through peer-led groups, provides community education, issue awareness, community advocacy, and coaching support for those in transition.

Focus: Transgender and gender-diverse individuals, families, and caregivers

Website: <https://www.ourtranslife.org/>

Triangle Community Center

Offers: Parent/Caregiver education, support and advocacy skills

Our mission is to empower and advocate for LGBTQIA+ people in Connecticut through community, health, and learning programs. Our vision is to create a world where LGBTQIA+ individuals are celebrated, feel safe, and can access essential resources without barriers.

Focus: LGBTQIA+ individuals, families, and caregivers

Website: <https://www.ctpridecenter.org/>

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Partner Organizations

