

Additional Resources



The Arc largest national community-based organization advocating for and with people with intellectual and developmental disabilities (IDD) and serving them and their families. The Arc works to uphold this respect through policy and advocacy change, as well as initiatives in education, health, technology, employment, and more.

[The Arc Website](#)
[The Arc Resource Directory](#)

[Click Here for The Arc Alerts](#)
(Scroll Down on Website)



Online Parent/Caregiver Classes

These FREE virtual classes are to help caregivers prepare for the future care of their family member, and take care for themselves.

[Learn More Here](#)



Help Me Grow (HMG) is statewide and national, to support all families in promoting young children's development and lifelong success by connecting them to developmental services and supports that promote their child's well-being. They believe, "All children and their families should have the resources and opportunities needed for their best health and well-being. We are working to improve racial, social, economic, and environmental fairness by helping families and caregivers get quality resources to support their child's development."

[Learn more about HMG Los Angeles Here](#)
[Learn more about HMG Inland Empire Here](#)