

Social Gatherings, Advocacy, and Support Groups for Autistic Adults

The following list consists of various social gathering, advocacy and support groups that occur online or in the NJ/NYC area. The RCAAS does not endorse any particular group. Please visit the website of the group for more information on how to attend.

Group	Description	Website
Centers for Independent Living	There is a center of independent living that serves each county in the state of New Jersey. The centers for independent living are free resource centers providing support groups, information and referral services, and advocacy for individuals with a wide variety of disabilities. The website will show Centers for Independent Living based by county.	https://www.nj.gov/humanservices/dds/resources/centersforlivingindex.shtml
Thriving Wellness Center Virtual Autism Support Group	Our weekly hour-long sessions, conducted virtually, offer a supportive environment limited to six members, where discussions and connections flourish. This group specifically caters to individuals with Autism Spectrum Disorder- Level One, commonly known as "High-Functioning" Autism or Asperger's Syndrome. https://www.thrivingwellnesscenter.com/autism-support-groups	https://www.thrivingwellnesscenter.com/autism-support-groups
Autistic Adults NYC	Run by and for autistic adults We are a social group of Autistic adults in the NYC Tristate area. We host in-person and online events, a community discord server, and compile resources for Autistics in NYC and beyond.	https://www.autisticadultsnyc.org/
Felicity House NYC	Felicity House is a place just for women with autism. To be a Felicity House community member you need to be 18 or older with a professional diagnosis of autism. It is free to attend but you need to do an intake. They offer a variety of on site and virtual events where autistic women can meet and chat, facilitated by staff.	https://felicity-house.org/

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<p style="text-align: center;">Adaptations NYC</p>	<p>Adaptations is located at the JCC of Manhattan in NYC and offers both in person and virtual groups. Adaptations serves people with a variety of disabilities including autism and groups are led by social workers. There is a small fee to attend groups and events. They have an advocacy group.</p>	<p>https://mmjccm.org/adaptations</p>
<p style="text-align: center;">New Jersey Statewide Self-Advocacy Network</p>	<p>The New Jersey Statewide Self-Advocacy Network is made up of individuals with intellectual and developmental disabilities including autism. It consists of five Councils based on geographic location within the state that hold monthly open meetings and are open and free to all individuals with IDD. The NJSSAN Council meetings are a chance for advocates to voice their perspective, learn about issues impact their lives and the lives of other people with IDD, socialize, and to develop strong advocacy skills.</p>	<p>https://www.arcnj.org/programs/njsap/self_advocacy.html</p>
<p style="text-align: center;">Association for Autism and Neurodiversity (AANE) Support Groups</p>	<p>The Association for Autism and Neurodiversity hosts online support groups for Autistic adults. Participate in this free online discussion to connect with other Neurodivergent adults. Online sessions are hosted on the Zoom platform and are facilitated by AANE's Adult Services staff. There is a cost to attend however AANE can offer participants reduced or free program registration.</p>	<p>https://aane.org/events</p>
<p style="text-align: center;">The #Actually Autistic Coach</p>	<p>Online autism discussion circles and affirmation group. These groups are free and online and open to the entire autistic community, whether you're formally diagnosed, self-diagnosed, or exploring a diagnosis.</p>	<p>https://www.theautisticcoach.com/autism-discussion-affirmation-circles</p>
<p style="text-align: center;">Online Autistic Adult Support Group</p>	<p>Online group for autistic adults (no formal diagnosis needed). Led by an neurodivergent therapist. Once a week for</p>	<p>https://www.katymacrae.com/support-groups</p>

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	<p>six weeks. There is a cost to attend and space is limited.</p>	
<p>ASAN (Autistic Self-Advocacy Network)</p>	<p>Organization run by and for autistic adults. Mainly focused on advocacy/political advocacy, but also has a wide range of resources on the website.</p>	<p>https://autisticadvocacy.org/</p>
<p>AWN (Autistic Women & Nonbinary Network)</p>	<p>AWN offers support and resources for female/nonbinary autistic adults and parents alike. The “Welcome packet” is a good starting point for newly diagnosed adults.</p>	<p>https://awnnetwork.org/awn-welcome-packets-english/</p>