

Neurodiversity Resources

California-Based Programs & Organizations

- **California Department of Developmental Services (DDS) Autism Resource Hub**
Offers a comprehensive catalog of services and tools, including information on eligibility, UCEDD programs (e.g., UC Davis, UCLA, UCSD), parent and provider training, mental health initiatives like CalHOPE, and helpline support.
 - **California Spectrum Care**
A Southern California nonprofit offering neurodiversity-focused programs such as G.R.O.W. (Goals for Reaching Occupational Work) for adult independence and individualized adaptive skills training across ages.
 - **Center for Divergent Connections (Pacific Clinics)**
Located in Upland, CA, this center provides neurodiversity-affirming mental health care—individual, group, and family therapy—along with school and caregiver consultation, plus expressive therapies like sandtray and neurofeedback (LENS).
 - **Jeena**
Offering virtual events like “Finding your Way: California Resources for Neurodivergent Individuals”. The organization supports neurodivergent individuals and caregivers through emotional support, peer connection, and inclusive opportunities.
 - **Friends of Children with Special Needs (FCSN)**
Based in the Bay Area (Fremont), FCSN provides culturally responsive programs such as day camps, after-school services, supported and independent living for neurodivergent children and adults, serving largely Cantonese/Mandarin-speaking families.
CaliforniaBrainWaves (SF Bay Area, virtual/national)
A curated hub offering access to research and support like SCERTS®, SPARK for Autism, FamilySanity.org parent groups, Friday Night Out social gatherings, NeuroNav planning tools, and more.
 - **Stanbridge Academy**
A K–12 private school in San Mateo for students with learning differences and social communication challenges, providing an inclusive academic environment.
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Professional & Therapeutic Networks (Statewide/National)

- **Inclusive Therapists Directory (California)**
A directory listing neurodiversity-affirming therapists, coaches, and mental health professionals across California—even specifying BIPOC and LGBTQIA+ affirmative providers in cities like Oakland, LA, San Francisco, and more
- **A Dime of OT – Neurodiversity-Affirming Directory**
Offers listings across California—such as Blooming Speech Therapy (Brentwood), All

Brains Speech Therapy (Oakland), Neurodivergent Parenting Support (OC), and The Center for Connection (Pasadena)—for services like OT, speech therapy, IEP support, and advocacy.

Peer Support, Community & Online Engagement

- **Kaleidoscope Support**
A subscription-based online platform providing peer support groups, neurodiversity coaching, mindfulness content, podcasts, and an affirming provider referral network. Available nationwide, including California.
 - **Neurodiversity Wellness Center – Therapy Groups**
Offers an online **Neurodivergent College Group** for California students, meeting weekly via Zoom over 20 weeks. The program promotes self-care, community, and neuro-friendly strategies.
 - **Sunflower Spectrum**
A community movement that fosters peer support, mentorship, resource sharing, and events celebrating neurodiversity. Active in California and beyond.
 - **Neurodiversity Social Society of the Bay Area**
A grassroots social group for neurodivergent youth and families organizing local meetups, Zoom sessions, and community gatherings.
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National Advocacy & Resource Networks

- **Autistic Self Advocacy Network (ASAN)**
A national, autistics-led advocacy organization that offers policy advocacy, self-advocacy support, educational resources like the *Navigating College Handbook*, and local chapters. While national, chapters may exist in California.
 - **Resources from CaliforniaBrainWaves (see above)**
Covering national programs like the Brain & Behavior Research Foundation, Child Mind Institute, SPARK for Autism, SCERTS®, and support networks like Friday Night Out and FamilySanity.
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How to Choose What Works for You

Need/Goal	Recommended Resources
State-run services & policy guidance	DDS Autism Resource Hub
Skill development & therapy	Center for Divergent Connections, California Spectrum Care
Therapist referrals & professional support	Inclusive Therapists directory, A Dime of OT directory

Need/Goal	Recommended Resources
Peer support & community	Kaleidoscope Support, Sunflower Spectrum, local meetup groups
Youth/family-specific programs	FCSN, Jeena, Friday Night Out (via CA BrainWaves)
Advocacy & empowerment	ASAN, Jeena events
Education & specialized schooling	Stanbridge Academy

What Can You Do Next?

1. **Identify your needs** – Is it therapy, school support, peer connection, advocacy, or family navigation?
 2. **Check eligibility & location** – Some services are statewide (DDS), while others are regional (FCSN, Center for Divergent Connections).
 3. **Reach out directly** – Joining events like Jeena’s workshops or contacting DDS’s helpline can be a good start.
 4. **Mix and match** – Utilize both community spaces (Sunflower Spectrum, peer support) and professional services (Inclusive Therapists, Spectrum Care) for holistic support.
 5. **Look for cultural fit** – Organizations like FCSN serve specific communities in culturally responsive ways.
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