**Local Adult ASD Resources**

Support Groups:

* <http://aspergers-support-group.meetup.com/cities/us/wa/tacoma/>
* <http://www.meetup.com/squarepegs/>

**Into Adulthood** (from the Arc of King County) - This group is for parents or family members of young adults with special needs in the greater King County area. The purpose of this group is for mutual support and exchange of information and resources. Let's encourage each other as we support our children in navigating the road to adulthood. This list serve is a service of The Arc of King County's Parent to Parent Support Program.  To subscribe, send an email to:

* [intoadulthood-subscribe@yahoogroups.com](https://ap04.alpine.washington.edu/alpine/alpine/2.0/mailto?to=intoadulthood%2Dsubscribe%40yahoogroups%2Ecom&pop=view/0/INBOX/14916) or go to: <https://groups.yahoo.com/neo/groups/IntoAdulthood/info>

For parents & professionals:

* Parents Place – send email to: [parentsplace-subscribe@yahoogroups.com](mailto:parentsplace-subscribe@yahoogroups.com)

Adult Resources/Info

* <https://www.nwesd.org/aop/transition-adulthood>
* <http://www.seattlechildrens.org/contact/alyssa-burnett-adult-life-center/>
* <http://www.metroparkstacoma.org/>
* <https://autisticadvocacy.org/wp-content/uploads/2014/02/WTTAC-Adult-FINAL-2.pdf>
* Autism Self Advocacy Network:
  + [www.autisticadvocacy.org](http://www.autisticadvocacy.org)
* UW Adult Autism Clinic – medical care for individuals with ASD
  + <http://www.uwmedicine.org/locations/adult-autism>
  + (206) 598-7792
* AASPIRE Healthcare Toolkit
  + <https://www.autismandhealth.org/>
  + Primary Care Resources for Adults on the Autism Spectrum and their Primary Care Providers