

1. Facebook Groups

- a. Down Syndrome Support Group
 - i. <https://www.facebook.com/groups/142484949745089/>
- b. Parents/Siblings and Caregivers of adults with Down Syndrome
 - i. <https://www.facebook.com/groups/1101537673843271/>
- c. Down Syndrome, Support for Mommies
 - i. <https://www.facebook.com/groups/downsyndromemommies/>
- d. Special Miracles - Down Syndrome Group
 - i. <https://www.facebook.com/groups/471447572911777/>
- e. Parents of children with Down syndrome
 - i. <https://www.facebook.com/groups/132540303533527/>

2. Instagram Pages

- a. @theluckyfewofficial
- b. @erinadvocates
- c. @NDSCongress
- d. @NDSSorg
- e. @globaldownsyndrome
- f. @gigisplayhouse
- g. @happinessisdownsyndrome
- h. @abigail_the_advocate
- i. @valentinebrothers
- j. @benjmcintosh
- k. @downrightwonderful
- l. @chucklesandmeatloaf

Check out hashtags like #Downsyndrome, #downsyndromeawareness, #321, #downsyndromeadvocacy, #theluckyfew, or other Down syndrome related terms to find countless pages for individuals of all ages!