



2026 Support Group Meetings (via Zoom)

All support group meetings are now presented via Zoom. If you are interested in attending any of the below support group meetings, please email support@caresfoundation.org to register for a specific meeting/meetings. Participants may opt to turn their camera on/off. **PLEASE NOTE: You must be a member of the CARES Community to participate in any/all support group meetings via Zoom.**

IF YOU HAVE NOT ALREADY JOINED OUR COMMUNITY, please take a few moments to [JOIN THE CARES COMMUNITY](#), and complete a free account with CARES. We ask that you provide us with vital information in order to better address your condition & needs. Once you have joined, please return here to Ask the Expert and use the form above to pose your question.

<p>January</p> <p>Thursday, January 8, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Thursday, January 22, at 8:00PM(ET) CAH Women</p>	<p>February</p> <p>Thursday, February 12, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Wednesday, Feb. 25, at 8:30PM(ET) Young Adults (Ages 17-29)</p>	<p>March</p> <p>Thursday, March 5, at 8:30PM(ET) Parents of CAH Children (School-aged, teens, young adults)</p> <p>Thursday, March 12, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Wednesday, March 25, at 8:30PM(ET) Spanish Speaking CAH Patients & Caregivers</p>	<p>April</p> <p>Thursday, April 9, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p>
<p>May</p> <p>Thursday, May 14, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Tuesday, May 19, at 8:30PM(ET) CAH Women</p> <p>Wednesday, May 27, at 8:30PM(ET) Parents of CAH Children (School-aged, teens, young adults)</p>	<p>June</p> <p>Wednesday, June 3, at 8:30PM(ET) Spanish Speaking CAH Patients & Caregivers</p> <p>Thursday, June 11, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p>	<p>July</p> <p>Thursday July 9, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Thursday July 30, at 8:30PM(ET) Parents of CAH Children (School-aged, teens, young adults)</p>	<p>August</p>
<p>September</p> <p>Thursday, September 10, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Wednesday, September 16, at 8:30PM(ET) Parents of CAH Children (School-aged, teens, young adults)</p> <p>Thursday, September 24, at 8:30PM(ET) CAH Women</p>	<p>October</p> <p>Thursday, October 8, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p> <p>Wednesday, October, 28, at 8:30PM(ET) Spanish Speaking CAH Patients & Caregivers</p>	<p>November</p> <p>Wednesday, November 4, at 8:30PM(ET) Young Adults (Ages 17-29)</p> <p>Thursday, November 12, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p>	<p>December</p> <p>Thursday, December 3, at 8:30PM(ET) Parents of CAH Children (School-aged, teens, young adults)</p> <p>Thursday, December 10, at 9:00PM(ET) Parents of CAH (Newborn-Age 5)</p>