

PAL

Affiliated Parent and Youth Support Groups

For more questions or information, contact the Group Leader(s) directly or contact the number or email below. Because days, times, and locations may not always be accurate, we encourage you to call the Group Leader(s) ahead of time to confirm the details.

**Parent/Professional Advocacy League (PAL)
45 Bromfield St., 10th Floor
Boston, MA
617-542-7860
info@ppal.net**

Metro Boston Area

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Margaret Nixon Elizabeth Hearn	617-371-3125 617-371-3132		Dorchester Bay Cove Early Intervention, 105 Victory Road	2nd and 4th Wednesday of the Month	6-7:30 pm	
Margaret Nixon Elizabeth Hearn	617-371-3125 617-371-3132		Boston Bay Cove Human Services, 66 Canal St.	Every Thursday of the Month	12-1:30 pm	
Margaret Nixon Elizabeth Hearn	617-371-3125 617-371-3132		Roslindale Conley Elementary School, 450 Poplar St.	1st and 3rd Tuesday of the Month	8:30-9:30 am	
Margaret Nixon Gina Gonzalez	617-371-3125 617-788-1074		Hyde Park Hyde Park Public Library, 35 Harvard Ave.	2nd and 4th Wednesday of the Month	6-7:30 pm	Spanish Speaking
Margaret Nixon Thao Tran	617-371-3125 617-371-3134		Dorchester Kit Clark, 1500 Dorchester Ave.	2nd and 4th Wednesday of the Month	6-7:30 pm	Vietnamese Speak- ing

Metro Suburban Area

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Susan Page-Thompson	617-689-2528	sptbarbie@aol.com	Quincy 460 Quincy Ave., 4th Floor, Large Conference Room (Right of Elevator) <i>Park in Upper Parking Lot</i>	Every Other Wednesday of the Month	4-5 pm	<ul style="list-style-type: none"> • Child care provided, but must call ahead • RSVP Required if new to the group • Light Refreshments
Christine Eirby	781-891-0556 x34	Christine_Eirby@ waysideyouth.org	Waltham Wayside Youth & Family Support Net- work	1st & 3rd Thursday of the Month	7-9 pm	<i>Starts In September</i>
Christine Eirby	781-891-0556 x34	Christine_Eirby@ waysideyouth.org	Waltham Wayside Youth & Family Support Net- work	2nd Wednesday of the Month	7-9 pm	<ul style="list-style-type: none"> • For Parents/ Caregivers of Adoles- cents and Young Adults who are Transi- tioning into Adulthood • <i>Starts In September</i>
Dodi Hardsog	508-620-0010 x339	Dorothy_Hardsog@ waysideyouth.org	Framingham Wayside Youth & Family Support Network, Tempo, 68 Henry St.	2nd & 4th Monday of the Month	7-9 pm	
Dodi Hardsog	508-620-0010 x339	Dorothy_Hardsog@ waysideyouth.org	Framingham Wayside Youth & Family Support Network, Tempo, 68 Henry St.	<i>Starting In September</i> 1st Wednesday of the month	7-9 pm	<ul style="list-style-type: none"> • For Parents/ Caregivers of Adoles- cents and Young Adults who are Transi- tioning into Adulthood • Stay Tuned for Details!
Dodi Hardsog	508-620-0010 x339	Dorothy_Hardsog@ waysideyouth.org	Online Group Wayside Youth & Family Support Network	NA	NA	Contact Dodi to sign up.
Dodi Hardsog	508-620-0010 x339	Dorothy_Hardsog@ waysideyouth.org	Framingham Wayside Youth & Family Support Network, Exact location to be determined	<i>Starting In October</i> 2nd & 4th Wednesday of the month	6-8 pm	<ul style="list-style-type: none"> • For Siblings of Chil- dren and Youth with Mental Health Needs • Stay Tuned for Details!

Metro Suburban Area Cont.

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
April Middleton	508-485-5051 X402	amiddleton@ employmentoptions.org	Marlborough Employment Options, 82 Brigham St	Every Thursday	12:30 - 1:30 pm	For young adults, ages 17 - 27 with mental health conditions who are parents
Chip Wilder, LICSW	508-485-5051 X240	cwilder@ employmentoptions.org	Marlborough Employment Options, 82 Brigham St	Every Thursday	12:30 - 1:30 pm	For parents with mental health conditions who do not currently have custody of their children

Central MA

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Mary Lambert	508-767-9725	mlambert@ppal.net	Southbridge 61 Pine St.	Every Friday	4-5pm	<i>On break until September</i>
Mary Lambert	508-767-9725	mlambert@ppal.net	Online Group	NA	NA	Contact Mary for Details on Signing Up
Meri Viano	508-767-9725	mviano@ppal.net	Fitchburg Youth and Family Center North, 356 Broad St.	2nd & 4th Monday of the month	10-11:30 am	
Meri Viano	508-767-9725	mviano@ppal.net	Worcester PAL Central MA, 21 Cedar St.	1st, 2nd, & 3rd Tuesday of the month	5-6:30 pm	For Youth with Mental Health Needs
Joanne Carey	508-767-9725	joannecarey@yahoo.com	Worcester 275 Belmont St.	2nd & 4th Thursday of the month	6-8 pm	<ul style="list-style-type: none"> • Limited child care • Please call ahead for more information
Robin Hamilton	508-767-9725	rhamilton@communityhealthlink.org	Leominster The Lipton Center	1st & 3rd Wednesday of the month	6:30-8:30 pm	Please call ahead for more information
Kathy Hamelin	978-632-2321 X38	hamelink@youinc.org	Gardner 205 School St.	Every Thursday	6:30-8 pm	

Western MA

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Gretchen Emond	413-536-2401 X5511	gmond@wmtcinfo.org	Greenfield 90 Federal St.	3rd Tuesday of the Month	6:30-8:30 pm	<ul style="list-style-type: none"> Please call if child care is needed
Margery Jess-Reid	413-536-2401 X3005	mjess-reid@wmtcinfo.org	Amherst Bangs Community Center Boltwood Walk	2nd Monday of the Month	6:30-8:30 pm	Transition age (14-25) issues are also discussed
Margery Jess-Reid	413-536-2401 X3005	mjess-reid@wmtcinfo.org	Athol Ellen Bigelow School , Park Avenue, Lower Level Meeting Room	Every Other Wednesday of the Month	6-8 pm	<ul style="list-style-type: none"> On break until September Child care provided
Jan Lamberg	413-536-2401 X3002	jlamberg@wmtcinfo.org	Chicopee Chicopee Public Library, Front St.			Contact Jan for more information
Jan Lamberg	413-536-2401 X3002	jlamberg@wmtcinfo.org	Springfield	Coming soon!		Contact Jan for more information

Southeast Area

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Traci Lynch	508-947-8779	pin@bamsi.org	Brockton Call Parent Information Network for exact location	1st & 3rd Wednesday of the month 2nd & 4th Wednesday of the month	9:30-11:30 am 6:30-8:30 pm	
Jennifer Ross	508-947-8779	pin@bamsi.org	Brewster Call Parent Information Network for exact location	4th Tuesday of the month	6-8 pm	
Jennifer Ross	508-947-8779	pin@bamsi.org	Falmouth Call Parent Information Network for exact location	2nd or 3rd Monday of the month avoiding holidays	6:15-8:15 pm	
Kathleen Bourgeois	508-947-8779	pin@bamsi.org	Fall River Call Parent Information Network for exact location	1st & 3rd Thursday of the month	6:45-8:30 pm	
Kathleen Bourgeois	508-947-8779	pin@bamsi.org	Taunton Call Parent Information Network for exact location	2nd and 4th Thursday of the month	6-8 pm	
Angela Days	508-947-8779	pin@bamsi.org	Wareham Call Parent Information Network for exact location	1st Wednesday of the month 2nd & 4th Thursday of the month 3rd Thursday of the month	10am-12 pm 6-8 pm 10am-12 pm	
Heather Hogan	508-947-8779	pin@bamsi.org	Plymouth Call Parent Information Network for exact location	2nd & 4th Wednesday of the month	6:30-8:30 pm	
Tresa Rolando Salters	508-947-8779	pin@bamsi.org	Middleboro Call Parent Information Network for exact location	3rd Thursday of the month	6:30-8:30 pm	For Parents / Caregivers of Adolescents and Young Adults Transitioning into Adulthood

Northeast Area

Group Leader(s)	Phone Number	Email	Location	Day	Time	Other Details
Barbara Peters	978-373-1126 X5310	bpeters1121@ yahoo.com	Haverhill First Presbyterian Church, 346 Broadway	1st & 3rd Tuesday of the month	6-8 pm	<ul style="list-style-type: none"> Pizza and limited child care are available on a first come first serve basis You must register by 4pm the day of the meeting
Barbara Peters	978-373-1126 X5310	bpeters1121@ yahoo.com	Sallsbury Coastal Educational Collaborative, 6 Merrill St.	2nd & 4th Tuesday of the month	6-8 pm	<ul style="list-style-type: none"> Dinner and limited child care are available on a first come first serve basis You must register by 4pm the day of the meeting
Irene Olson	Cell 978-766-2088 Voice Mail 781-224-7938	olsonpal@aol.com	Wakefield Horizon House, 78 Water St.	1st & 3rd Tuesday of the month	6:30- 8:30 pm	<ul style="list-style-type: none"> Limited child care available but must call ahead to reserve
Nancy Collier	978-513-2379	nacollier@ comcast.net	Lowell MSPCC, 126 Phoenix Ave., 3rd Floor	2nd & 4th Tuesday of the month	6-7:45 pm	<ul style="list-style-type: none"> Food is provided Child care is sometimes available
Nancy Collier	978-513-2379	nacollier@ comcast.net	Lowell Soloman Mental Health Center, 391 Varnum Ave.	1st & 3rd Tuesday of the month	6-7:45 pm	<ul style="list-style-type: none"> For Parents/Caregivers of Adolescents and Young Adults Transitioning to Adulthood Food is provided
Damaris Santiago	978-682-9222	dsantiago@ mspcc.org	Lawrence MSPCC, 439 South Union St.	2nd & 4th Wednesday of the month	5-7 pm	Spanish Speaking
Dalene Basden	781-599-9288	ptahsw@ verizon.net	Lynn YMCA	Every Friday	6-7:30 pm	Please call to arrange orientation
Krissie Burham	978-283-0296 X732	krissieburnham@ aol.com	Salem YMCA, 1 Sewall St.	2nd Friday of the month	6-8:30 pm	<ul style="list-style-type: none"> Dinner at 6pm Child care available You must call in advance
Krissie Burham	978-283-0296 X732	krissieburnham@ aol.com	Danvers Call for exact location	4th Thursday of the Month	9:30- 11 am	