

Updated 12/20/2018



Affiliated Parent and Caregiver Support Groups

For more information, contact the Group Leader(s) directly.

The days, times, and locations are subject to change. Please confirm the details with the Group Leader(s).

Parent/Professional Advocacy League (PPAL)
15 Court Square, Suite 660
Boston, MA 02108
617-542-7860
info@ppal.net

Light Blue = Transitional Age Group	Light Red = Spanish Speaking Groups
Light Purple = Father Groups	Light Green Coffee groups

Boston Area

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Boston	Parent Support Group in English	Bay Cove Human Services 66 Canal Street, 5 th floor	Thursdays : 12pm- 1:30pm		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Boston	Parent Support Group in Spanish	66 Canal Street, 5 th floor	Fridays 10am-11am			Please contact Kathleen to attend this group
Canton	Weekly Support Groups	Canton Public Library Art & Activity Room 786 Washington Street	Mondays : 6:30 – 8:30pm	Betty Wagner	bwagner@mshcc.org 617-983-5803	
Cambridge	Weekly Support Groups	Cambridge Innovation Center 1 Broadway Street	1st and 3rd Friday of month : 10:00am – 12:00pm		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Cambridge	Weekly Support Groups	Maria L Baldwin School 85 Oxford Street	2nd and 4th Friday of month : 6:00pm – 7:30pm		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Chelsea	Parent Support Group in Spanish	Boys and Girls Club 30 Willow Street	3rd Thursday : 6:15 - 7:30 pm		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Dorchester	Parent Support Group	Bay Cove Early Intervention 105 Victory Road	4 th Wednesday: 6 - 7:30pm Doors lock at 6:15		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Dorchester	Transitional Age Youth Parent Support	Bay Cove Early Intervention 105 Victory Road	2 nd Wednesday: 6 - 7:30pm Doors lock at 6:15		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
East Boston	Transitional Age Youth - Spanish	East Boston Library 365 Bremen Street	2nd and 4th Fridays 9 - 11am	Consuelo Perez	cperez@ppal.net or info@ppal.net	
Jamaica Plain	Parent Support Group	ABCD 315 Centre St (Rear)	1st and 3rd Mondays 12:00pm – 1:30pm		kflaherty@baycove.org 617-371-3125	Please contact Kathleen to attend this group
Newton	Parent Support	West Surburban YMCA Computer Room	Thursdays 10am-12pm	Betty Wagner	bwagner@mshcc.org 617-983-5803	
Westwood	Parent Support	Westwood Library Conference Room 660 High Street	Tuesdays 10am – 12pm	Betty Wagner	bwagner@mshcc.org 617-983-5803	

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Southeast Area

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Brockton	Parent Support (Coffee Group)	Call for Location	2nd Tuesday 10:00AM-12:00PM	Ashley Francois	brocktonpin@bamsi.org 774-517-7021 508-947-8779 x 210	Please call for information and location
Brockton	Parent Support	Call for Location	4th Thursday 6:00PM - 8:00PM	Ashley Francoi	brocktonpin@bamsi.org 774-517-7021 508-947-8779 x 210	Please call for information and location
Cape Cod Group (Falmouth)	Parent Support	Call for Location	2nd Wednesday 6:30PM - 8:30PM	Amy Devitt	amymcdevitt@bamsi.org 774-517-7009 508-947-8779 x 210	Please call for information and location
Fall River	Parent Support	Call for Location	1st and 3rd Friday 9:00AM - 11:00AM	Chelsie Atwood	fallriverpin@bamsi.org 774-517-7011	Please call for information and location
Hyannis	Parent Support PTAY Group	Call for Location	1st Tuesday 5:30PM-7:00PM		ptaypin@bamsi.org 774-947-8779	Please call for information and location
Kingston	Parent Support	Call for Location	2nd and 4th Thursdays 6:00PM - 8:00PM		plymouthpin@bamsi.org 774-517-7008 508-947-8779 x210	Please call for information and location
Middleboro	Fathers Group	Call for Location	2nd Saturday 5:00AM - 7:00PM	Chris Bean	christopherbean@bamsi.org 781-626-2209	Please call for information and location
Middleboro	Couples Support Group	Call for Location	Schedule varies 5:00PM - 7:00PM	Chris Bean	pin@bamsi.org 781-626-2209	Please call for information and location
Middleboro - Taunton	Parent Support (Coffee Group)	Call for Location	1st Wednesday: 9:30AM – 11:30AM	Lynn Levesque	lynnlevesque@bamsi.org 508-944-7428	Please call for information and location
Middleboro	Transitional Age Youth Parent Support	Call for Location	3rd Wednesday 6:30PM - 8:30PM		ptaypin@bamsi.org 774-517-7007	Please call for information and location
New Bedford-Wareham	Parent Support Group	Call for Location	2nd Wednesday 9am-11am	Tara Freitas	newbedfordpin@bamsi.org 508-947-8779 x 210 774-517-7035	Please call for information and location
New Bedford-Wareham	Parent Support (Coffee Group)	Call for Location	4th Wednesday 6:00PM - 8:00PM	Tara Freitas	newbedfordpin@bamsi.org 508-947-8779 x 210 774-517-7035	Please call for information and location
New Bedford	Parent Support		2nd Wednesday	Tara Freitas	newbedfordpin@bamsi.org	Please call for information and

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		Call for Location	5:15PM - 7:00PM		508-947-8779 x 210 774-517-7035	location
Plymouth	Parent Support (Coffee Group)	Call for Location	3rd Friday 10:00AM – 11:30AM		heatherconnor@bamsi.org 774-517-7008	Please call for information and location
Plymouth	Parent Support	Call for Location	4th Thursday 6:00PM - 7:45PM		heatherconnor@bamsi.org 774-517-7008	Please call for information and location
Plymouth	Parent Support (Walking Group)	Call for Location	** Date time & location varies. Call Heather for information **	Heather Connor	heatherconnor@bamsi.org 774-517-7008	Please call for information and location
Plymouth	Parent Support PTAY Group/Youth Social	Call for Location	2nd Thursday 6:00PM - 8:00PM		508-947-8779	Please call for information and location
Quincy	Parent Support	Call for Location	1st Thursday 6:00PM - 7:30PM	Kathryn Caruso	kathryncaruso@bamsi.org 774-539-8901	Please call for information and location
Taunton/ Middleboro	Parent Support	Call for Location	4th Tuesday 5:30PM - 7:00PM	Lynn Levesque	lynnlevesque@bamsi.org 508-944-7428	Please call for information and location
Taunton/ Middleboro	Parent Support (Coffee Group)	Call for Location	1st Wednesday 9:30am-11:30am	Lynn Levesque	lynnlevesque@bamsi.org 508-944-7428	Please call for information and location
Weymouth	Parent Support	Call for Location	2nd and 4th Wednesday 9:30AM - 11:00AM	Kathryn Caruso	kathryncaruso@bamsi.org 774-539-8901	Please call for information and location

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Northeast Area

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Beverly	Parent Strong Club (Self-Care Group)	North Shore Education Consortium 112 Sohier Rd. Beverly, MA	4th Wednesday 10-11:30am	Martha Cregan	mcregan@eliotchs.org 508-688-5671	
Everett	Parent Support	Family Resource Center	2nd Tuesday 4:30-6pm 4th Tuesday 10-11:30am	Ruby Price	rprice@eliotchs.org 781-389-4705	
Gloucester	Caregiver Support Group	Eliot 5 Blackburn Center	3rd Wednesday 6-8pm	Martha Cregan	mcregan@eliotchs.org 508-688-5671	
Haverhill	Social and Caregiver Support Group		Thursdays 10-12pm	Barbara Seay	bseay@eliotchs.org	Call for more information
Lowell	Parent Support	Call for Location	2nd and 4th Tuesdays 6:00 – 7:45PM	Nancy Collier	ncollier@eliotchs.org 508-688-5739	Food is provided Limited Child Care
Lowell	Transitional Age Youth Parent Support	Call for Location	1st Tuesday 6:00 – 7:45PM	Nancy Collier	ncollier@eliotchs.org 508-688-5739	Group temporarily suspended. Call or email for more information
Lynn	Parent Support	Lynn YMCA 20 Neptune Boulevard	Fridays 6:00 – 8:00PM	Dalene Basden	ptahsw@verizon.net dbasend@jrl.org 781-775-0708	Call first to schedule intake
Malden	Parent Support	Malden YMCA 99 Dartmouth Street	2nd and 4th Wednesdays: 6:15 – 7:55PM	Ruby Price	rprice@eliotchs.org 781-389-4705	
Manchester	Parent Strong Club (Self-Care Group)	Manchester Athletic Club	Mondays 10-11am	Martha Cregan	mcregan@eliotchs.org 508-688-5671	
Salem	Parent Support	Salem YMCA 1 Sewall St. Salem, MA	1st Wednesday 6:00PM - 8:00PM	Martha Cregan	mcregan@eliotchs.org 508-688-5671	
Wakefield	Parent Support	Horizon House 78 Water Street	1st and 3rd Tuesday 6:30pm onward	Ruby Price	rprice@eliotchs.org 781-389-4705	

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Metro Suburban Area

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Framingham	Parent Support	Wayside Youth & Family Support 88 Lincoln Street	1st and 3rd Mondays: 10 – 11:30 AM	Ann Killion	ann_killion@waysideyouth.org 508-469-3207	
Framingham	Sibling Club (6 – 12 yrs. old for siblings of a child with mental health needs)	Wayside Youth & Family Support 88 Lincoln Street	Runs in Fall/Spring	Ann Killion	ann_killion@waysideyouth.org 508-469-3207	Pre-Registration Required Get information through Ann Killion
Framingham	Transitional Age Youth Parent Support	Wayside Youth & Family Support 88 Lincoln Street	Last Wednesday: 6 – 7:30 PM	Ann Killion	ann_killion@waysideyouth.org 508-469-3207	
Waltham	Parent Group	118 Central Street, Waltham	Typically 2nd and 4th Mondays 10:30 – 12:30 PM Typically 3 rd Monday Evening	Kelly Daron	kelly_daron@waysideyouth.org 781-966-5660	Please call before to confirm time of meeting
Arlington	Transitional Age Youth Parent Support	12 Prescott Street in Arlington	Just starting up	Kelly Daron	kelly_daron@waysideyouth.org 781-966-5660	Call for details

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Gardner	Family Support	Mt Wachusett Community College 444 Green St Gardner Call for Meeting Room Number	2nd and 4th Thursday 5:30 pm – 7:00 pm	Ann Berube	aberube@ppal.net 508-767-9725	
Milford	Caregiver Support Group for Children with Special Needs	Trinity Episcopal Church 17 Congress Street	1st Wednesdays: 6:00 – 8:00 PM	Cheryl Marino	MarinoC@youinc.org 508-735-8049	Childcare Provided (Please RSVP if you need care)

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Leominster	Family & Friends Support	Umass Memorial-Health Alliance Hospital Leominster Campus, Simons Building Guild Conference Room 60 Hospital Road, Leominster	2nd Wednesday: 4:30-6:30pm			
Leominster	Transitional Age Youth Parent Support	Community Healthlink 100 Erdman Way Leominster	1 st Thursday 5:30pm – 7:00pm 3 rd Thursday 10:00am-11:30am	Ann Berube	aberube@ppal.net 508-767-9725	Email parentsupportgroup@ppal.net for information
Worcester	Family Network Social	PPAL 40 Southbridge St. Suite 310 Worcester	1st and 3rd Wednesday 5:30pm-7:30pm	Kristen Solaras	ksolaras@ppal.net 508-767-9725	Email parentsupportgroup@ppal.net for information
Worcester	Parent/Grandparent/Caregiver Support (Spanish)	Centro Las Americas 11 Sycamore Street, Worcester, Ma. 01608	1st and 3rd Thursdays: 10:00 –12:00 PM	Ana Marchan	amarchan@ppal.net 508-767-9725	Email parentsupportgroup@ppal.net for information
Worcester	Transitional Age Youth Parent Support	Kiva /Zia Access Center 209 Shrewsbury Street Worcester, Ma 01608	2nd and 4th Wednesday: 5:30 – 7:30 PM	PPAL Staff	ksolaras@ppal.net 508-767-9725	Email parentsupportgroup@ppal.net for information

Central Mass Area

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Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Agawam	Parent Support	Agawam Public Library 750 Cooper Street, Agawam, MA	1st Tuesday 11:30AM - 12:45PM	Jan Lamberg	jlamberg@wmtcinfo.org 413-387-7161	No child care provided
Amherst	Parent Support	The Bridge Family Resource Center 101 University Dr. Suite A3	2nd Wednesday 11:30AM – 1:00PM	Margery Jess	mjess@wmtcinfo.org 413-530-5488	Child Care provided with RSVP
Greenfield	Parent Support	Salasin Center 474 Main Street	2nd Mondays 6:00PM – 8:00 PM	Shawna Osman	sosman@wmtcinfo.org 413-530-4593	Child care provided with RSVP
Greenfield	Transitional Age Youth Parent Support	21 Mohawk Trail, Greenfield	2nd Wednesdays 6:00PM - 8:00PM	Gretchen Emond	gemon@wmtcinfo.org 413-530-4689	No Child Care Provided
Greenfield	Parent Support	Salasin Center 474 Main Street, Greenfield, MA	Every Thursday 9:30AM – 11:30 AM	Gretchen Emond	gemon@wmtcinfo.org 413-530-4689	Child care provided with RSVP
Holyoke	Parent/Grandparent/ Caregiver Support (Spanish)	Holyoke Public Library 250 Chestnut Street, Holyoke, MA	Last Friday 11:00AM - 12:30PM	Cynthia Santiago	csantiago@wmtcinfo.org 413-218-5055	No Child Care Provided
North Adams	Parent support **This group may change	UNO Community Center 157 Rivers St. North Adams, MA	2nd Wednesday 1:30PM – 3:00PM	AnnaMaria Sebastino	asebastino@.org 413-887- 9132	Child care provided with RSVP
Pittsfield	Parent Support	Pittsfield Public Library (Athenaeum Room) 1 Wendell Ave. Pittsfield, MA	1st Thursday 5:30PM - 7:00PM	AnnaMaria Sebastino	asebastino@.org 413-887- 9132	No Child Care Provided
Springfield	Parent Support	Scan 360 Office (2 nd floor) (Entrance on the Left) 11 Wilbraham Rd. Springfield, MA	3rd Friday 12:30PM - 1:45PM	Jan Lamberg	jlamberg@wmtcinfo.org 413-387-7161	No Child Care Provided
Ware	Parent Support	Hillside Village Apartments Community Room 17 Convent Hill Road, Ware, MA	1st Wednesday 11:00AM - 12:30PM	Margery Jess	mjess@wmtcinfo.org 413-530-5488	No Child Care Provided