

# Parent and Caregiver Support Groups in Massachusetts

Joining other parents and caregivers of children with emotional, behavioral and mental health needs can be an amazing experience. People at support groups share stories, listen and help each other heal and grow. They also share tips, resources and information you can only find from someone who has been there.

The support groups listed here are, for the most part, facilitated by someone who has raised or is raising a child with emotional, behavioral or mental health needs. They "get it" and work hard to make sure group members find help. Still not sure? Find a group in your area and contact the group leader.

For more information, contact the Group Leader directly.

*\*\*The dates, times, and locations are subject to change. Please confirm the details with the Group Leader.*

This list was compiled by Parent/Professional Advocacy League (PPAL). For additions and changes, please contact us at [info@ppal.net](mailto:info@ppal.net)

*The support groups included in this list are not necessarily affiliated with PPAL. PPAL is providing this information as a courtesy, and listing does not imply endorsement of the groups, the leaders, or their sponsoring organizations.*

**Light Blue** = Transitional Age Youth Parent Support Group  
**Light Purple** = Father Groups

**Light Red** = Spanish Speaking Groups  
**Light Orange** = Day Groups

## Metro Boston Area

### FAMILY SUPPORT PROGRAMS:

The Home for Little Wanderers <http://www.thehome.org/site/PageServer>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Quincy	Parent Support	Call or visit website for location	<b>1<sup>st</sup> Thursday</b> <b>6:00 – 7:30 PM</b>	Kathryn Caruso	774-539-8901	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
Quincy-Weymouth	Parent Support	Call or visit website for location	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</b> <b>9:30 – 11:00 AM</b>	Kathryn Caruso	774-539-8901	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
Waltham	Parent Group	432 River St, Waltham	<b>Varies</b>	Kelley Daron	<a href="mailto:kelley_daron@waysideyouth.org">kelley_daron@waysideyouth.org</a> 781-966-5644	Contact Kelley for the monthly calendar. Groups offered morning, evening, and on Saturdays at different times of the year.

Groups are forming now

For more information, contact Danelsi Rosario: [drosario@thehome.org](mailto:drosario@thehome.org) 617-780-5704

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## Southeast Area

**FAMILY SUPPORT PROGRAMS:**

Parent Information Network (BAMSI) <https://www.bamsi.org/program/parent-information-network-pin/>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
<b>Abington</b>	May All Year, Parent Support	St. Bridget's Friary 455 Plymouth St	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays 7PM</b>	Jennifer Sullivan	suldog@comcast.net 617-459-3978	Support group for family members of people with mental health issues. Group started by a parent.
<b>Brockton</b>	Parent Support	Call or visit website for location	<b>3<sup>rd</sup> Wednesday 5:30 – 7:30 PM</b>	Sue Wolfe	774-480-4772	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Brockton</b>	Fathers Group	Call or visit website for location	<b>2<sup>nd</sup> Wednesday 9:30 – 11:00 AM</b>	Chris Bean	781-626-2209	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Cape Cod (Eastham)</b>	Parent Support	Call or visit website for location	<b>Last Tuesday 10:30 – 11:30 AM</b>	Michelle Lynds	774-480-4215	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Cape Cod (Falmouth)</b>	Parent Support	Call or visit website for location	<b>2<sup>nd</sup> Wednesday 6:30 - 8:30 PM</b>	Michelle Lynds	774-480-4215	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Cape (Hyannis)</b>	Parent Support	Call or visit website for location	<b>Last Thursday 5:30 - 6:30 PM</b>	Michelle Lynds	774-480-4215	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Fall River</b>	Parent Support	Call or visit website for location	<b>1<sup>st</sup> and 3<sup>rd</sup> Fridays 9:00 - 11:00 AM</b>	Chelsie Atwood	774-517-7011	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Middleboro</b>	Fathers Group	Call or visit website for location	<b>2<sup>nd</sup> Saturday 5:00 - 7:00PM</b>	Chris Bean	781-626-2209	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Middleboro</b>	Couples Support	Call or visit website for location	<b>4<sup>th</sup> Saturday 5:00 - 7:00PM</b>	Chris Bean	781-626-2209	Pre-registration is required. Please call 508-947-8779 x 210 or email <a href="mailto:pin@bamsi.org">pin@bamsi.org</a>
<b>New Bedford – Wareham</b>	Parent Support	Call or visit website for location	<b>2<sup>nd</sup> Wednesday 9:30 – 11:30 AM</b>	Tara Freitas	774-517-7035 Call or text	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>New Bedford</b>	Parent Support	Call or visit website for location	<b>2<sup>nd</sup> Wednesday 5:15 – 7:00 PM</b>	Tara Freitas	774-517-7035 Call or text	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>New Bedford-Onset</b>	Parent Support	Call or visit website for location	<b>4<sup>th</sup> Wednesday 6:00 - 8:00 PM</b>	Tara Freitas	774-517-7035 Call or text	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Plymouth</b>	Parent Information Group	Call or visit website for location	<b>2<sup>nd</sup> Thursday 5:45 – 7:45 PM</b>	Amy McDevitt	774-517-7009	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org

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<b>Plymouth - Carver</b>	Parent Information Group	Call or visit website for location	<b>4th Thursday 10:15 AM - 12:15 PM</b>	Amy McDevitt	774-517-7009	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Plymouth</b>	Parents of Transition Age Youth /RLC	Call or visit website for location	<b>4th Thursday 6:00 - 8:00 PM</b>	Nina Crasco, DMH	508-732-3030	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Quincy</b>	Parent Support	Call or visit website for location	<b>1st Thursday 6:00 – 7:30 PM</b>	Kathryn Caruso	774-539-8901	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Quincy-Weymouth</b>	Parent Support	Call or visit website for location	<b>2nd &amp; 4th Wednesday 9:30 – 11:00 AM</b>	Kathryn Caruso	774-539-8901	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Taunton-Middleboro</b>	Parent Support (Coffee Group)	Call or visit website for location	<b>1st Tuesday 9:30 - 11:30 AM</b>	Lynn Levesque	508-944-7428	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Taunton</b>	Parent Support (Coffee Group)	Call or visit website for location	<b>2nd Friday 9:30 - 11:30 AM</b>	Lynn Levesque	508-944-7428	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org
<b>Taunton-Middleboro</b>	Parent Support	Call or visit website for location	<b>3rd Tuesday 5:30 - 7:00 PM</b>	Lynn Levesque	508-944-7428	Pre-registration is required. Please call 508-947-8779 x 210 or email pin@bamsi.org

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## Northeast Area

### FAMILY SUPPORT PROGRAMS:

Wayside <https://www.waysideyouth.org/forfamilies/parentsupportservices/>

Friday Family Support Group (Lynn) <https://www.facebook.com/Friday-Family-Support-Group-131840210175945/>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Lynn	Parent Support	Lynn YMCA 20 Neptune Boulevard	<b>Fridays</b> <b>6:00 – 8:00 PM</b>	Dalene Basden	<a href="mailto:DBasden@JRI.org">DBasden@JRI.org</a> 781-775-0708	Call first to schedule intake
Waltham	Parent Group	432 River St, Waltham	<b>Varies</b>	Kelley Daron	<a href="mailto:kelley_daron@waysideyouth.org">kelley_daron@waysideyouth.org</a> 781-966-5644	Contact Kelley for the monthly calendar. Groups offered morning, evening, and on Saturdays at different times of the year.

Groups are forming now

For more information, contact Kelley Daron: [kelley\\_daron@waysideyouth.org](mailto:kelley_daron@waysideyouth.org) 781-966-5644

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## Central Mass Area

### FAMILY SUPPORT PROGRAMS:

PPAL <http://ppal.net/ppal-central-ma>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Gardner	Parent Group	Mt Wachusett Community College, 444 Green St. Room S105 or North Cafe, Gardner	2nd and 4th Thursday of each month 6pm-8pm	Ann Berube	<a href="mailto:ABerube@ppal.net">ABerube@ppal.net</a> 508-767-9725	RSVP at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Framingham	Parent Support	Wayside Youth & Family Support 88 Lincoln Street	Tuesday mornings 9:00-10:30 AM	Christi Fagerberg	<a href="mailto:Christi_Fagerberg@WaysideYouth.org">Christi_Fagerberg@WaysideYouth.org</a> 508-469-3297	
Framingham	Transition Age Youth Parent Support (16-25 years)	Wayside Youth & Family Support 88 Lincoln Street	Wednesday evenings 6:00-7:30 PM	Christi Fagerberg	<a href="mailto:Christi_Fagerberg@WaysideYouth.org">Christi_Fagerberg@WaysideYouth.org</a> 508-469-3297	
Milford	Caregiver Support Group for Children with Special Needs	Trinity Episcopal Church 17 Congress Street	1 <sup>st</sup> Wednesday 6:00 – 8:00 PM	Cheryl Marino Page	cmarino-page@ppal.net 508-735-8049	Refreshments & Childcare Provided  (Please RSVP if you need childcare)
Leominster	Parents of Transition Age Youth	Community Health Link 100 Erdman Way, Leominster	1 <sup>st</sup> Thursday 5:30 -7:30 PM 3 <sup>rd</sup> Thursday 10 AM – 12 PM	Ann Berube	<a href="mailto:ABerube@ppal.net">ABerube@ppal.net</a> 508-767-9725	RSVP at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Worcester	Parent/Caregiver Support Group Social	Parent/Professional Advocacy League (PPAL) 21 Cedar Street	Call for dates and times	Kathy LeDoux	KLeDoux@ppal.net 508-767-9725	RSVP at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Worcester	Parent/Grandparent/Caregiver Support (Spanish)				For newest information regarding this group, please email: <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>	
Worcester	Transitional Age Youth Parent Support	Open Sky 4 Mann St., Painton Room, Worcester, MA 01602	1st and 3rd Wednesday of each month	Kathy LeDoux	KLeDoux@ppal.net 508-767-9725	RSVP at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>

Wayside <https://www.waysideyouth.org/forfamilies/parentsupportservices/>

Groups are forming in South County and Canton area.

For more information, contact Irene Roche: [irene\\_roche@waysideyouth.org](mailto:irene_roche@waysideyouth.org) 508-469-3235

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## Western Mass Area

### FAMILY SUPPORT PROGRAMS:

The Consortium Support Network for Families: <http://wmtcinfo.org/programs/support-network-of-families-of-wmass/>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
<b>Agawam</b>	Parent Support	Agawam Public Library 750 Cooper Street	<b>1<sup>st</sup> Tuesday</b> <b>11:30 AM – 12:45 PM</b>	Jan Lamberg	<a href="mailto:jlamberg@wmtcinfo.org">jlamberg@wmtcinfo.org</a> 413-387-7161	
<b>Amherst</b>	Parent/Caregiver Support Group	The Bridge Family Resource Center 101 University Dr. Suite A3	<b>2<sup>nd</sup> Wednesday</b> <b>11:30A – 1:00 PM</b>	Margery Jess	<a href="mailto:mjess@wmtcinfo.org">mjess@wmtcinfo.org</a> 413-530-5488	Child Care Provided Call a week ahead
<b>Greenfield</b>	Parents of Transitional Age Youth Parent Support Group	Comcast Building 21 Mohawk Trail, Greenfield	<b>2<sup>nd</sup> Wednesday</b> <b>6:00 – 8:00 PM</b>	Gretchen Emond	<a href="mailto:gmond@wmtcinfo.org">gmond@wmtcinfo.org</a> 413-530-4689 x 3032	
<b>Holyoke</b>	Parent/Grandparent/Caregiver Support (Bilingual)	Gandara 80 Commercial Street	<b>3<sup>rd</sup> Tuesday</b> <b>11 – 12:30 PM</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	
<b>North Adams</b>	Parent/Caregiver Support Group	Group on hold			<a href="mailto:gmond@wmtcinfo.org">gmond@wmtcinfo.org</a> 413-530-4689 x 3032	Contact Gretchen Emond for more information
<b>Springfield</b>	Parent of Transitional Age Youth Support Group	Impact Center (1 <sup>st</sup> floor) 41 Taylor Street	<b>1<sup>st</sup> Friday</b> <b>12:00 -1 :30PM</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	Transportation provided. Please call ahead.
<b>Springfield</b>	Padres de Jovenes en edad de Transicion	Impact Center (1 <sup>st</sup> floor) 41 Taylor Street	<b>Tercer Viernes de cada Mes</b> <b>10:00 -11:30AM</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	Transportation provided. Please call ahead.
<b>Springfield</b>	Parent/Caregiver Support Group	Scan 360 Office (2 <sup>nd</sup> floor) (Entrance on the Left) 11 Wilbraham Road	<b>3<sup>rd</sup> Friday</b> <b>12:30 - 1:45PM</b>	Jan Lamberg	<a href="mailto:jlamberg@wmtcinfo.org">jlamberg@wmtcinfo.org</a> 413-387-7161	No Child Care Provided
<b>Pittsfield</b>	Parent/Caregiver Support Group	Group on hold		Gretchen Emond	<a href="mailto:gmond@wmtcinfo.org">gmond@wmtcinfo.org</a> 413-530-4689 x 3032	Contact Gretchen Emond for more information
<b>Ware</b>	Parent/Caregiver Support Group	Hillside Village Community Room 17 Convent Hill Road	<b>1<sup>st</sup> Wednesday</b> <b>11:00 AM - 12:30 PM</b>	Margery Jess	<a href="mailto:mjess@wmtcinfo.org">mjess@wmtcinfo.org</a> 413-530-5488	

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## Online/Chat/Social Media Groups

Group	Location	Day and Time	Group Leader	Contact Information	Other Details
<b>A Space for Parents with Children in Residential Treatment</b>	Facebook Group			Must ask to join <a href="https://www.facebook.com/groups/1895751647361876/">https://www.facebook.com/groups/1895751647361876/</a>	This is a group for caregivers who have children in residential treatment.
<b>Adoptive Families Together</b>	Online List Serve		Annette Reynolds	Annette Reynolds <a href="mailto:obasaan@fredandannette.com">obasaan@fredandannette.com</a>	Moderated listserv group. To join, contact Annette or email <a href="mailto:aftlist-subscribe@yahoogroups.com">aftlist-subscribe@yahoogroups.com</a>
<b>AANE (The Asperger/ Autism Network)</b>	Online Groups	<b>Varies</b>	Multiple	<a href="https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/">https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/</a>	Multiple online groups for parents with children on the autism spectrum. (Fee for groups)
<b>DBSA (Depressional and Bipolar Support Alliance)</b>	Online Groups	<b>Varies</b>		<a href="https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/">https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/</a>	Online support groups Schedule: <a href="https://www.supportgroupscentral.com/groups_detail.cfm?cid=18">https://www.supportgroupscentral.com/groups_detail.cfm?cid=18</a>
<b>Mass. Families with Children with Mental Health Issues</b>	Facebook Group			Must ask to join <a href="https://www.facebook.com/groups/1563651660622617/">https://www.facebook.com/groups/1563651660622617/</a>	Support for parents and other family members when children/teenagers are dealing with mental illness.
<b>Mass. Transition to Adulthood</b>	Facebook Group			Must ask to join <a href="https://www.facebook.com/groups/266094440846756/">https://www.facebook.com/groups/266094440846756/</a>	This group is to share and support among families of young people with disabilities in Mass. as they transition from school to adult life.
<b>Parents Helping Parents of Massachusetts</b>	Online Parenting Workshop	<b>Friday 8:30 AM</b>		<a href="https://www.parentshelpingparents.org/">https://www.parentshelpingparents.org/</a> for pre-registration	FAQs: <a href="https://www.parentshelpingparents.org/support-group-faqs">https://www.parentshelpingparents.org/support-group-faqs</a>
<b>Parents Helping Parents of Massachusetts</b>	Online Parenting Workshop	<b>Friday 12 PM</b>		<a href="https://www.parentshelpingparents.org/">https://www.parentshelpingparents.org/</a> for pre-registration	FAQs: <a href="https://www.parentshelpingparents.org/support-group-faqs">https://www.parentshelpingparents.org/support-group-faqs</a>
<b>Wayside Parent Support</b>	GroupMe support group using smartphones		Kelley Daron	<a href="mailto:Kelley_Daron@waysideyouth.org">Kelley_Daron@waysideyouth.org</a> 781-966-5644	This is a private, monitored chat group where parents can connect from their phone through a group messaging app.

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## Additional Groups that may match your family journey

Name	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
<b>Adoptive Families Together</b>	Parent Support	Multiple locations	Check website for updated schedule		<a href="https://www.mspcc.org/af/">https://www.mspcc.org/af/</a>	Support groups related to the adoption experience.
<b>AANE (The Asperger/Autism Network)</b>	Parent Support	51 Water Street Suite 206 Watertown	Varies	Varies	<a href="https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/">https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/</a>	Multiple groups for parents with children on the autism spectrum. Some groups closed through May. Contact AANE to register for upcoming groups. (Fee for groups)
<b>AANE (The Asperger/Autism Network)</b>	Grandparent Support	51 Water Street Suite 206 Watertown	Bi-weekly, Tuesdays 10:00 11:30 am		Marcia Robinson 617-393-3824 ext. 29 or marcia.robinson@aane.org	Support groups for grandparents of child, teen or adult on the autism spectrum.
<b>Cole Resource Center</b>	Father's Support	TBD		Jack Ross	617-855-3298 joanegs@coleresourcecenter.org	Support group forming for fathers who have TAY – adult children with mental health conditions.
<b>Cole Resource Center</b>	Mother's Support	McLean Hospital 115 Mill St Belmont, MA 02478	<b>Tuesdays 11 AM – 12:30 pm</b> <b>Thursdays 6 – 7:30 PM</b>	Joanne Grady-Savard	617-855-3298 joanegs@coleresourcecenter.org	Support for mothers who have TAY-adult children with mental health conditions.
<b>DBSA – Boston (Depressional and Bipolar Support Alliance)</b>	Parent Support	McLean Hospital De Marneffe building 115 Mill St Belmont, MA 02478	<b>Wednesdays 7:00 – 9:00 PM</b>		<a href="mailto:info@dbsaboston.org">info@dbsaboston.org</a>	This DBSA offers specific support groups for families, typically for TAY and adult children. <a href="http://dbsaboston.netfirms.com/?page_id=106">http://dbsaboston.netfirms.com/?page_id=106</a>
<b>DBSA (Depressional and Bipolar Support Alliance)</b>	Parent Support	Multiple locations	Varies		Regional listing <a href="http://dbsaboston.netfirms.com/?page_id=229">http://dbsaboston.netfirms.com/?page_id=229</a>	Some DBSA groups open to families as noted on schedule. Groups typical for families of TAY and adult children.
<b>Grandparents Raising Grandchildren</b>	Grandparent Support	Multiple locations	Varies		<a href="http://massgrg.com/web/resource-support.html">http://massgrg.com/web/resource-support.html</a>	Group not limited to mental health discussions.
<b>Learn to Cope</b>	Peer and Family Support	Multiple locations	<b>Weekly meeting schedule</b> <a href="https://www.learn2cope.org/meetings/">https://www.learn2cope.org/meetings/</a>			Focus is peer-support, education, resources and HOPE for families dealing with addiction and recovery.
<b>MEDA (Multi-Service Eating Disorders Association)</b>	Support	entrance to the building 449 Newtonville Ave Newton	<b>1<sup>st</sup> and 3<sup>rd</sup> Mondays 6:15 pm – 7:15 pm</b>			Group for all loved ones of someone with an eating disorder. It is a place to connect to

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						individuals, ask questions, and share in a supportive community.
<b>NAMI Massachusetts</b>	Parent/Caregiver Support	Multiple locations	Varies		<a href="https://namimass.org/nami-family-support-groups/">https://namimass.org/nami-family-support-groups/</a>	NAMI groups are for loved ones of all ages. Call to find out if group in your area has families of children/adolescents.
<b>PFLAG</b>	Parent/Caregiver Support	Throughout Greater Boston	<a href="https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf">https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf</a>		<a href="https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf">https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf</a>	Support for parents, allies and others of LGBTQ people. Some groups meet at same time as youth support groups. Not limited to mental health discussions.
<b>PFLAG</b>	Parent/Caregiver Support of Transgender and Gender Non-Conforming Children	Throughout Greater Boston	<a href="https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf">https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf</a>		<a href="https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf">https://gbpflag.org/wp-content/uploads/2019-09-05-GBPFLAG-Support-Group-Flyer-1.pdf</a>	Closed groups for parents/caregivers of transgender and gender non-conforming children.
<b>PFLAG</b>	Parent/Caregiver Support	Multiple locations	Find a Chapter for more information <a href="https://pflag.org/">https://pflag.org/</a>			Support for parents, allies and others of LGBTQ people. Not limited to mental health discussions.



**Parent/Professional Advocacy League (PPAL)**  
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