

Parent and Caregiver Support Groups in Massachusetts

During the outbreak of COVID-19, please reach out to your group facilitator first before attending, unless it's a virtual group. New updates from groups have been marked with yellow.

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.

***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

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

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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
Canton	Parent support	Virtual support group	Thursdays 11:00AM	Christi Fagerberg	Call: 508-469-3297	Email at: Christi_Fagerberg@WaysideYouth.org
Dorchester	Parent support	Virtual support group	Fridays 10AM – 11AM	Please call: 857-366-1702	Please call: 857-366-1702 To RSVP email: psp@thehome.org	Meeting ID: 454-394-7866 www.zoom.com
Quincy	Parent support	Virtual support group	Tuesdays 7:00 PM	Amy McDevitt	Call or text Amy at 774-517-7009	Email at: amymcdevitt@bamsi.org
Quincy-Weymouth	Parent support	Virtual support group	Thursdays 10:00 AM	Amy McDevitt	Call or text Amy at 774-517-7009	Email at: amymcdevitt@bamsi.org
Waltham	Parent group	Virtual support group	Wednesdays 6:30PM – 8:00PM	Catherine Picciotto Tracey Rooney	Call: Catherine 781-966-5690 Tracey 781-966-5689	Email: Catherine_Picciotto@waysideyouth.org Tracey_Rooney@waysideyouth.org
Waltham	Drop-In 1:1 Support Parents/Caregivers Young adults	Group on hold	Tuesdays 12:00pm – 2:00pm	Catherine Picciotto Tracey Rooney	Catherine 781-966-5690 Tracey 781-966-5689	15 minute face-to-face meeting with Family Support Specialist. Suggested to call in advance.
Waltham	Parent group	Virtual support group	Thursdays 9:30am – 11:00am	Catherine Picciotto Tracey Rooney	Call: Catherine 781-966-5690 Tracey 781-966-5689	Email: Catherine_Picciotto@waysideyouth.org Tracey_Rooney@waysideyouth.org

For more information, contact Danelsi Rosario: 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
Abington	May All Year, Parent Support	Parent support by phone	Group on hold until further notice	Jennifer Sullivan	suldog@comcast.net 617-459-3978	Families can still contact Jennifer Sullivan at 617-459-3978
Brockton	Parent Support	Virtual support group	Wednesdays 6:00 PM	Sue Wolfe	Call or text Sue at: 774-480-4772	Email at: susanwolfe@bamsi.org
Brockton	Parent Support	Virtual support group	Thursdays 11:00 AM	Sue Wolfe	Call or text Sue at: 774-480-4772	Email at: susanwolfe@bamsi.org
Brockton	Family activity	Virtual support group	Fridays 11:00 AM	Sue Wolfe	Call or text Sue at: 774-480-4772	Email at: susanwolfe@bamsi.org
Cape Cod	Parent Support	Virtual support group	Thursdays 10:00 AM	Michelle Lynds	Call or text Michelle at: 774-480-4215	Email at: michellelynds@bamsi.org
Cape Cod	Parent Support	Virtual support group	Thursdays 7:00 PM	Michelle Lynds	Call or text Michelle at: 774-480-4215	Email at: michellelynds@bamsi.org
Cape Cod	Family Fun Activity Group	Virtual support group	Wednesdays 9:30 AM	Michelle Lynds	Call or text Michelle at: 774-480-4215	Email at: michellelynds@bamsi.org
Fall River	Parent Support	Virtual support group	Wednesdays 7:00 PM	Chelsie Atwood	Call or text Chelsie at: 774-517-7011	Email at: chelsieatwood@bamsi.org
Fall River	Parent Support	Virtual support group	Fridays 10:00 AM	Chelsie Atwood	Call or text Chelsie at: 774-517-7011	Email at: chelsieatwood@bamsi.org
Fall River	Family Fun Activity Group	Virtual support group	Tuesdays 10:00 AM	Chelsie Atwood	Call or text Chelsie at: 774-517-7011	Email at: chelsieatwood@bamsi.org
Middleboro	Fathers Group	Virtual support group	2 nd Saturday 5:00 - 7:00PM	Chris Bean	Call or text Chris at: 781-626-2209	Email at: christopherbean@bamsi.org
Middleboro	Couples Support	Virtual support group	4 th Saturday 5:00 - 7:00PM	Chris Bean	Call or text Chris at: 781-626-2209	Email at: christopherbean@bamsi.org
New Bedford	Parent Support	Virtual support group	Mondays 3:45 PM Wednesdays 7:00PM	Tara Freitas	774-517-7035 Call or text	Email at: tarafreitas@bamsi.org

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New Bedford	Parent Support	Virtual support group	Tuesdays 10:00 AM Thursdays 9:30AM	Tara Freitas	774-517-7035 Call or text	Email at: tarafreitas@bamsi.org
New Bedford	Family Lunch Bunch Group	Virtual support group	Thursdays 12:30 PM	Tara Freitas	774-517-7035 Call or text	Email at: tarafreitas@bamsi.org
Plymouth	Parent Support	Virtual support group	Thursdays 7:00PM	Amy McDevitt	774-517-7009 Call or text	Email at: amymcdevitt@bamsi.org
Plymouth	Parent Support	Virtual support group	Tuesdays 11:00AM	Amy McDevitt	774-517-7009 Call or text	Email at: amymcdevitt@bamsi.org
Plymouth	Family Lunch Bunch Group	Virtual support group	Fridays 12:00PM	Amy McDevitt	774-517-7009 Call or text	Email at: amymcdevitt@bamsi.org
Plymouth or any area	Parents of Transition Age Youth PTAY	Virtual support group	Mondays 7:00 PM	Tara Freitas	774-517-7035 Call or text	Email at: tarafreitas@bamsi.org
Quincy	Parent Support	Virtual support group	Tuesdays 7:00 PM	Amy McDevitt	Call or text Amy at 774-517-7009	Email at: amymcdevitt@bamsi.org
Quincy-Weymouth	Parent Support	Virtual support group	Thursdays 10:00 AM	Amy McDevitt	Call or text Amy at 774-517-7009	Email at: amymcdevitt@bamsi.org
Taunton-Attleboro	Parent Support	Virtual support group	Tuesdays 11:00 AM	Lynn Levesque	508-944-7428 Call or text	Email at: lynnlevesque@bamsi.org
Taunton-Attleboro	Parent Support	Virtual support group	Thursdays 7 PM	Lynn Levesque	508-944-7428 Call or text	Email at: lynnlevesque@bamsi.org
Taunton-Attleboro	Family Activity Group	Virtual group	Wednesdays 11:30 AM	Lynn Levesque	508-944-7428 Call or text	Email at: lynnlevesque@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
Lowell	Parent Support	Virtual Support Group	Tuesdays 6:00pm – 7:30pm	Malik Marrero Roberta Agostino	Malik 978-349-4171 Roberta 978-349-4177	Email at: Roberta_Agostinho@waysideyouth.org Malik_Marrero@waysideyouth.org
Lowell	Parent Support	Virtual Support Group	Thursdays 10am – 11:30am	Malik Marrero Roberta Agostino	Malik 978-349-4171 Roberta 978-349-4177	Email at: Roberta_Agostinho@waysideyouth.org Malik_Marrero@waysideyouth.org
Lynn	Parent Support	Group on hold	Fridays 6:00 – 8:00 PM	Dalene Basden	DBasden@JRI.org 781-775-0708	Call first to schedule intake
Waltham	Parent Group	Virtual support group	Wednesdays 6:30pm – 8:00pm	Catherine Picciotto Tracey Rooney	Call: Catherine 781-966-5690 Tracey 781-966-5689	Email: Catherine_Picciotto@waysideyouth.org Tracey_Rooney@waysideyouth.org
Waltham	Parent Group	Virtual support group	Thursdays 9:30am – 11:00am	Catherine Picciotto Tracey Rooney	Call: Catherine 781-966-5690 Tracey 781-966-5689	Email: Catherine_Picciotto@waysideyouth.org Tracey_Rooney@waysideyouth.org

Groups are forming now

For more information, contact Kelley Daron: kelly_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
Clinton	Family/Caregiver Support	Virtual support group	Fridays 6:30pm-8:30pm	Edie Scot	Use www.freeconferencecall.com to participate. Call Edie at: 978-758-0443	
Gardner	Parent Group	Virtual support group	Every Monday and Friday from 9am-11am	Ann Berube Kathy Ledoux	parentsupportgroup@ppal.net Call to access 1(574) 807-6224 PIN: 481 219 769#	
Framingham	Parent Support	Virtual support group	Tuesdays 9:30am	Christi Fagerberg	Christi_Fagerberg@WaysideYouth.org 508-469-3297	
Framingham	Transition Age Youth Parent Support (16-25 years)	Virtual support group	Wednesdays 6:00PM	Christi Fagerberg	Christi_Fagerberg@WaysideYouth.org 508-469-3297	
Leominster	Parents of Transition Age Youth Support	Virtual support group	First and Third Wednesday from 6pm-8pm	Ann Berube	parentsupportgroup@ppal.net Call to access: 1(909) 687-0321 PIN: 846 569 410#	
Worcester	Parent/Caregiver Support Group Social	Virtual support group	Every Monday and Friday from 9am-11am	Kathy LeDoux Ann Berube	parentsupportgroup@ppal.net Call to access 1(574) 807-6224 PIN: 481 219 769#	
Worcester	Hispanic Parent/Grandparent/Caregiver Support (Spanish)	Virtual support group	Every Tuesday from 9am-11am	Irelsa Oliveras Joel Khattr	parentsupportgroup@ppal.net Call to access: 1(401) 542-3257 PIN:438 858 848#	
Worcester	Parents of Transitional Age Youth Support	Virtual support group	First and Third Wednesday from 6pm-8pm	Kathy LeDoux	parentsupportgroup@ppal.net Call to access: 1(909) 687-0321 PIN: 846 569 410#	

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 508-469-323

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Western Mass Area

New virtual support group for all the towns listed below meets every Wednesday at 1pm. Please download Zoom in advance on your phone, computer or you may call in. Meeting ID: 264-212-8031. Phone #: 413-232-9218, ext. 800. Please email or call Margery Jess or Gretchen Emond with questions. Contact information listed below.

FAMILY SUPPORT PROGRAMS:

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Agawam	Parent Support	Agawam Public Library 750 Cooper Street	Group on hold until further notice	Jan Lamberg	jlamberg@wmtcinfo.org 413-387-7161	
Amherst	Parent/Caregiver Support Group	The Bridge Family Resource Center 101 University Dr. Suite A3	Group on hold until further notice	Margery Jess	mjess@wmtcinfo.org 413-530-5488	Child Care Provided Call a week ahead
Greenfield	Parents of Transitional Age Youth Parent Support Group	Comcast Building 21 Mohawk Trail, Greenfield	Group on hold until further notice	Gretchen Emond	gemond@wmtcinfo.org 413-530-4689 x 3032	
Holyoke	Parent/Grandparent/Caregiver Support (Bilingual)	Holyoke Senior Center 291 Pine St. Holyoke, MA	Group on hold until further notice	Cynthia Santiago	csantiago@wmtcinfo.org 413-218-5055	mjess@wmtcinfo.org 413-530-5488
North Adams	Parent/Caregiver Support Group	Group on hold	Group on hold until further notice		gemond@wmtcinfo.org 413-530-4689 x 3032	Contact Gretchen Emond for more information
Springfield	Parent of Transitional Age Youth Support Group	Impact Center (1 st floor) 41 Taylor Street	Group on hold until further notice	Cynthia Santiago	csantiago@wmtcinfo.org 413-218-5055	Transportation provided. Please call ahead.
Springfield	Padres de Jovenes en edad de Transicion	Impact Center (1 st floor) 41 Taylor Street	Group on hold until further notice	Cynthia Santiago	csantiago@wmtcinfo.org 413-218-5055	Transportation provided. Please call ahead.
Springfield	Parent/Caregiver Support Group	Scan 360 Office (2 nd floor) (Entrance on the Left) 11 Wilbraham Road	Group on hold until further notice	Jan Lamberg	jlamberg@wmtcinfo.org 413-387-7161	No Child Care Provided
Pittsfield	Parent/Caregiver Support Group	Group on hold	Group on hold until further notice	Gretchen Emond	gemond@wmtcinfo.org 413-530-4689 x 3032	Contact Gretchen Emond for more information
Ware	Parent/Caregiver Support Group	Hillside Village Community Room 17 Convent Hill Road	Group on hold until further notice	Margery Jess	mjess@wmtcinfo.org 413-530-5488	

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

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Online/Chat/Social Media Groups

Group	Location	Day and Time	Group Leader	Contact Information	Other Details
A Space for Parents with Children in Residential Treatment	Facebook Group			Must ask to join https://www.facebook.com/groups/1895751647361876/	This is a group for caregivers who have children in residential treatment.
Adoptive Families Together	Online List Serve		Annette Reynolds	Annette Reynolds obasaan@fredandannette.com	Moderated listserv group. To join, contact Annette or email afllist-subscribe@yahoogleroups.com
AANE (The Asperger/ Autism Network)	Online Groups	Varies	Multiple	https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/	Multiple online groups for parents with children on the autism spectrum. (Fee for groups)
DBSA (Depressional and Bipolar Support Alliance)	Online Groups	Varies		https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/	Online support groups Schedule: https://www.supportgroupscentral.com/groups_detail.cfm?cid=18
Mass. Families with Children with Mental Health Issues	Facebook Group			Must ask to join https://www.facebook.com/groups/1563651660622617/	Support for parents and other family members when children/teenagers are dealing with mental illness.
Mass. Transition to Adulthood	Facebook Group			Must ask to join https://www.facebook.com/groups/266094440846756/	This group is to share and support among families of young people with disabilities in Mass. as they transition from school to adult life.
Parents Helping Parents of Massachusetts	Online Parenting Workshop	Please see the cell on the right		https://www.parentshelpingparents.org/ Click this link to join: https://zoom.us/j/6607380697 No Computer, Dial in by phone: +1 1646-558-8656, then input the meeting id 8678605296#	Mon 9:00am & 6:00pm Tue 9:00am & 3:00pm Wed 9:00am & 6:00pm Thu 9:00am & 3:00pm Fri 8:30am & Noon
Wayside Parent Support	GroupMe support group using smartphones		Kelley Daron	Kelley_Daron@waysideyouth.org 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
Adoptive Families Together	Parent Support	Multiple locations	Check website for updated schedule		https://www.mspcc.org/af/	Support groups related to the adoption experience.
AANE (The Asperger/Autism Network)	Parent Support	51 Water Street Suite 206 Watertown	Varies	Varies	https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/	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)
AANE (The Asperger/Autism Network)	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.
Cole Resource Center	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.
Cole Resource Center	Mother's Support	McLean Hospital 115 Mill St Belmont, MA 02478	Tuesdays 11 AM – 12:30 pm Thursdays 6 – 7:30 PM	Joanne Grady-Savard	617-855-3298 joanegs@coleresourcecenter.org	Support for mothers who have TAY-adult children with mental health conditions.
DBSA – Boston (Depressional and Bipolar Support Alliance)	Parent Support	McLean Hospital De Marneffe building 115 Mill St Belmont, MA 02478	Wednesdays 7:00 – 9:00 PM		info@dbsaboston.org	This DBSA offers specific support groups for families, typically for TAY and adult children. http://dbsaboston.netfirms.com/?page_id=106
DBSA (Depressional and Bipolar Support Alliance)	Parent Support	Multiple locations	Varies		Regional listing http://dbsaboston.netfirms.com/?page_id=229	Some DBSA groups open to families as noted on schedule. Groups typical for families of TAY and adult children.
Grandparents Raising Grandchildren	Grandparent Support	Multiple locations	Varies		http://massgrg.com/web/resource-support.html	Group not limited to mental health discussions.
Learn to Cope	Peer and Family Support	Multiple locations	Weekly meeting schedule https://www.learn2cope.org/meetings/			Focus is peer-support, education, resources and HOPE for families dealing with addiction and recovery.
MEDA (Multi-Service Eating Disorders Association)	Support	entrance to the building 449 Newtonville Ave Newton	1st and 3rd Mondays 6:15 pm – 7:15 pm			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.
NAMI Massachusetts	Parent/Caregiver Support	Multiple locations	Varies		https://namimass.org/nami-family-support-groups/	NAMI groups are for loved ones of all ages. Call to find out if group in your area has families of children/adolescents.
PFLAG	Parent/Caregiver Support	Throughout Greater Boston	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	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.
PFLAG	Parent/Caregiver Support of Transgender and Gender Non-Conforming Children	Throughout Greater Boston	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	Closed groups for parents/caregivers of transgender and gender non-conforming children.
PFLAG	Parent/Caregiver Support	Multiple locations	Find a Chapter for more information https://pflag.org/			Support for parents, allies and others of LGBTQ people. Not limited to mental health discussions.



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 15 Court Square, Suite 660
 Boston, MA 02108
 617-542-7860 info@ppal.net

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