

# Parent and Caregiver Support Groups in Massachusetts

Massachusetts Support Groups continue to change due to COVID-19 restrictions. We are not aware of any in person groups at this time. Many virtual groups are open to all; others focus on specific locations/concerns.

Please contact group leaders before attending for updated schedules and access information.

**Virtual group details in 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](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** = Transition 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
Any area in Suffolk County	Grupos virtuales de padres	Virtual support group	Mondays 11 AM -12 PM Tuesdays 5 - 6 PM		<a href="https://www.eventbrite.com/e/parent-cafe-tickets-102708078628">https://www.eventbrite.com/e/parent-cafe-tickets-102708078628</a>	Please RSVP through Eventbrite to get Zoom info. For more information email <a href="mailto:PSP@thehome.org">PSP@thehome.org</a>
Any area in Suffolk County	Parent support	Virtual support group	Mondays 2 - 3 PM Wednesdays 7 - 8 PM Fridays 10 - 11 AM		<a href="https://www.eventbrite.com/e/parent-cafe-tickets-102708078628">https://www.eventbrite.com/e/parent-cafe-tickets-102708078628</a>	Please RSVP through Eventbrite to get Zoom info. For more information email <a href="mailto:PSP@thehome.org">PSP@thehome.org</a>
Any area in Suffolk County	Parent Support Group in Haitian Creole	Virtual support group	Wednesdays 1 - 2 PM		<a href="https://www.eventbrite.com/e/parent-cafe-tickets-103139133926">https://www.eventbrite.com/e/parent-cafe-tickets-103139133926</a>	Please RSVP through Eventbrite to get Zoom info. For more information email <a href="mailto:PSP@thehome.org">PSP@thehome.org</a>
Any area in Suffolk County	Parent café for teen moms	Virtual support group	Thursdays 6 PM -7 PM		<a href="https://www.eventbrite.com/e/parent-cafe-tickets-102708078628">https://www.eventbrite.com/e/parent-cafe-tickets-102708078628</a>	Please RSVP through Eventbrite to get Zoom info. For more information email <a href="mailto:PSP@thehome.org">PSP@thehome.org</a>
Any area in Suffolk County	Parent café for father	Virtual support group	Tuesdays 3 PM - 4 PM		<a href="https://www.eventbrite.com/e/parent-cafe-tickets-102708078628">https://www.eventbrite.com/e/parent-cafe-tickets-102708078628</a>	Please RSVP through Eventbrite to get Zoom info. For more information email <a href="mailto:PSP@thehome.org">PSP@thehome.org</a>
Canton	Parent Support Group	Virtual support Group	Tuesdays 10:30 am - 12:30 pm	Denel SantaLucia	Denel Call 707-702-1842 Email <a href="mailto:Denel_SantaLucia@WaysideYouth.org">Denel_SantaLucia@WaysideYouth.org</a>	For Zoom invite, call or email Denel
Canton	Transition Age Youth Parent Support (16-25yrs)	Virtual support group	Thursdays 5-7 PM	Denel SantaLucia	Denel Call 707-702-1842 Email <a href="mailto:Denel_SantaLucia@WaysideYouth.org">Denel_SantaLucia@WaysideYouth.org</a>	For Zoom invite, call or email Denel
Quincy	Parent Support	Virtual support group	Tuesdays 7 PM Fridays 1 PM	Tara Schacht	Call or text Tara at 508-942-0306	Email at: <a href="mailto:taraschacht@bamsi.org">taraschacht@bamsi.org</a>

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<b>Waltham</b>	Drop-In 1:1 Support Parents/Caregivers Young adults	Virtual support	<b>Tuesdays</b> 12:00pm – 5:00pm	Catherine Picciotto	Catherine 781-966-5690	30 minute face-to-face meeting with Family Support Specialist. Suggested to call in advance. Email: <a href="mailto:Catherine.Picciotto@waysideyouth.org">Catherine.Picciotto@waysideyouth.org</a>
<b>Waltham</b>	Parent group	Virtual support group	<b>Wednesdays</b> 6:30PM – 8:00PM	Catherine Picciotto	Call: Catherine 781-966-5690	Email: <a href="mailto:Catherine.Picciotto@waysideyouth.org">Catherine.Picciotto@waysideyouth.org</a>
<b>Waltham</b>	Parent group	Virtual support group	<b>Thursdays</b> 9:30am – 11:00am	Catherine Picciotto	Call: Catherine 781-966-5690	Email: <a href="mailto:Catherine.Picciotto@waysideyouth.org">Catherine.Picciotto@waysideyouth.org</a>

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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
Any area	Fathers Group	Virtual support group	2 <sup>nd</sup> Saturday 5:00 - 7:00PM	Chris Bean	Call or text Chris at: 781-626-2209	Email at: <a href="mailto:christopherbean@bamsi.org">christopherbean@bamsi.org</a>
Any area	Couples Support	Virtual support group	4 <sup>th</sup> Saturday 5:00 - 7:00PM	Chris Bean	Call or text Chris at: 781-626-2209	Email at: <a href="mailto:christopherbean@bamsi.org">christopherbean@bamsi.org</a>
Any area	Parents of Transition Age Youth (14-25 yrs) Support	Virtual support group	Mondays 7:00PM	Tara Freitas	774-517-7035 Call or text	Email at: <a href="mailto:tarafreitas@bamsi.org">tarafreitas@bamsi.org</a>
Abington	May All Year, Parent Support	Virtual support group	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays 7:00 PM	Jennifer Sullivan	suldog@comcast.net 617-459-3978	Contact Jennifer Sullivan for details
Brockton	Parent Support	Virtual support group	Wednesdays 6:00 PM	Sue Wolfe	Call or text Sue at: 774-480-4772	Email at: <a href="mailto:susanwolfe@bamsi.org">susanwolfe@bamsi.org</a>
Brockton	Parent Support	Virtual support group	Thursdays 11:00 AM	Sue Wolfe	Call or text Sue at: 774-480-4772	Email at: <a href="mailto:susanwolfe@bamsi.org">susanwolfe@bamsi.org</a>
Cape Cod	Parent Support	Virtual support group	Saturdays 10:00 AM	Michelle Lynds	Call or text Michelle at: 774-480-4215	Email at: <a href="mailto:michellelynds@bamsi.org">michellelynds@bamsi.org</a>
Cape Cod	Parent Support	Virtual support group	Thursdays 7:00 PM	Michelle Lynds	Call or text Michelle at: 774-480-4215	Email at: <a href="mailto:michellelynds@bamsi.org">michellelynds@bamsi.org</a>
Fall River	Parent Support	Virtual support group	Wednesdays 7:00 PM	Chelsie Atwood	Call or text Chelsie at: 774-517-7011	Email at: <a href="mailto:chelsieatwood@bamsi.org">chelsieatwood@bamsi.org</a>
Fall River	Parent Support	Virtual support group	Fridays 10:00 AM	Chelsie Atwood	Call or text Chelsie at: 774-517-7011	Email at: <a href="mailto:chelsieatwood@bamsi.org">chelsieatwood@bamsi.org</a>
New Bedford	Parent Support	Virtual support group	Tuesdays 10 AM Wednesday 7 PM	Tara Freitas	774-517-7035 Call or text	Email at: <a href="mailto:tarafreitas@bamsi.org">tarafreitas@bamsi.org</a>
Plymouth	Parent Support	Virtual support group	Wednesdays 7:00PM	Amy McDevitt	774-517-7009 Call or text	Email at: <a href="mailto:amymcdevitt@bamsi.org">amymcdevitt@bamsi.org</a>
Plymouth	Family Lunch Bunch Group	Virtual support group	Fridays 12:00PM	Amy McDevitt	774-517-7009 Call or text	Email at: <a href="mailto:amymcdevitt@bamsi.org">amymcdevitt@bamsi.org</a>
Quincy	Parent Support	Virtual support group	Tuesdays 7 PM Fridays 1 PM	Tara Schacht	Call or text Tara at 508-942-0306	Email at: <a href="mailto:taraschacht@bamsi.org">taraschacht@bamsi.org</a>
Taunton-Attleboro	Parent Support	Virtual support group	Tuesdays	Lynn Levesque	508-944-7428 Call or text	Email at: <a href="mailto:lynnlevesque@bamsi.org">lynnlevesque@bamsi.org</a>

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			11:00 AM			
<b>Taunton-Attleboro</b>	Parent Support	Virtual support group	<b>Thursdays 7 PM</b>	Lynn Levesque	508-944-7428 Call or text	Email at: <a href="mailto:lynnlevesque@bamsi.org">lynnlevesque@bamsi.org</a>
<b>Taunton-Attleboro &amp; surrounding areas</b>	Parent Support	Virtual support group	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesdays 4:30-5:15 PM</b>	Candice Gabrey	774-501-2633	Email <a href="mailto:Cgabrey@oldcolonyymca.org">Cgabrey@oldcolonyymca.org</a> for link to meeting
<b>Taunton-Attleboro &amp; surrounding areas</b>	Parent Support	Virtual support group	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays 10:30-11:30 AM</b>	Candice Gabrey	774-501-2633	To register, email <a href="mailto:Cgabrey@oldcolonyymca.org">Cgabrey@oldcolonyymca.org</a> for link to meeting

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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 in Spanish	Virtual Support Group	Mondays 11 AM – 12 PM 2 <sup>nd</sup> /4 <sup>th</sup> Mondays of month	Malik Marrero	Malik 978-349-4171	Email for Zoom invite <a href="mailto:Malik_Marrero@waysideyouth.org">Malik_Marrero@waysideyouth.org</a>
Lowell	Parent Support Group in Portuguese	Virtual Support Group	Mondays 11 AM – 12 PM 2 <sup>nd</sup> /4 <sup>th</sup> Mondays of month	Roberta Agostino	Roberta 978-349-4177	Email for Zoom invite <a href="mailto:Roberta_Agostinho@waysideyouth.org">Roberta_Agostinho@waysideyouth.org</a>
Lowell	Parent Support	Virtual Support Group	Tuesdays 6 – 7:30 PM	Malik Marrero Roberta Agostino	Malik 978-349-4171  Roberta 978-349-4177	Email for Zoom invite <a href="mailto:Roberta_Agostinho@waysideyouth.org">Roberta_Agostinho@waysideyouth.org</a>  <a href="mailto:Malik_Marrero@waysideyouth.org">Malik_Marrero@waysideyouth.org</a>
Lowell	Drop-In 1:1 Parent Support	Virtual support	Wednesdays 2 – 4 PM (30 minute drop-in sessions)	Malik Marrero Roberta Agostino	Malik 978-349-4171  Roberta 978-349-4177	Email to reserve spot <a href="mailto:Roberta_Agostinho@waysideyouth.org">Roberta_Agostinho@waysideyouth.org</a>  <a href="mailto:Malik_Marrero@waysideyouth.org">Malik_Marrero@waysideyouth.org</a>
Lowell	Parent Support	Virtual Support Group	Thursdays 10 – 11:30 AM	Malik Marrero Roberta Agostino	Malik 978-349-4171  Roberta 978-349-4177	Email for Zoom invite <a href="mailto:Roberta_Agostinho@waysideyouth.org">Roberta_Agostinho@waysideyouth.org</a>  <a href="mailto:Malik_Marrero@waysideyouth.org">Malik_Marrero@waysideyouth.org</a>
Lynn	Parent Support	Virtual support group	Fridays 6:30 – 8:30 PM	Dalene Basden	<a href="mailto:ptahsw@verizon.net">ptahsw@verizon.net</a>	<a href="https://us04web.zoom.us/j/78189460790?pwd=TzJ5NXVjSFp3ZHI5UzdxdDUzTFphQT09">https://us04web.zoom.us/j/78189460790?pwd=TzJ5NXVjSFp3ZHI5UzdxdDUzTFphQT09</a> MeetingID number is: 88427032709 Password: FFSG 2020 <b>updated</b>
Medford	Parent Support	Virtual support group	Tuesdays 9:30 – 11 AM	Carol Silva	Carol 781-423-5218	Email for meeting invite <a href="mailto:Carol_silva@waysideyouth.org">Carol_silva@waysideyouth.org</a>
Medford	Parent Support	Virtual support group	Thursdays 6 – 7:30 PM	Carol Silva	Carol 781-423-5218	Email for meeting invite <a href="mailto:Carol_silva@waysideyouth.org">Carol_silva@waysideyouth.org</a>

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<b>Medford</b>	Drop-In 1:1 Parent Support	Virtual support	<b>Wednesdays</b>	Carol Silva	Carol 781-423-5218	Email <a href="mailto:Carol_silva@waysideyouth.org">Carol_silva@waysideyouth.org</a> Schedule 1:1 sessions - <a href="https://calendly.com/carol_silva/1-1-virtual-drop-ins">https://calendly.com/carol_silva/1-1-virtual-drop-ins</a>
<b>Waltham</b>	Drop-In 1:1 Support	Virtual support	<b>Tuesdays 12:00pm – 5:00pm</b>	Catherine Picciotto	Catherine 781-966-5690	30 minute face-to-face meeting with Family Support Specialist. Suggested to call in advance. Email: <a href="mailto:Catherine_Picciotto@waysideyouth.org">Catherine_Picciotto@waysideyouth.org</a>
<b>Waltham</b>	Parent group	Virtual support group	<b>Wednesdays 6:30PM – 8:00PM</b>	Catherine Picciotto  Tracey Rooney	Call: Catherine 781-966-5690  Call Tracey: 781-966-5689	Email: <a href="mailto:Catherine_Picciotto@waysideyouth.org">Catherine_Picciotto@waysideyouth.org</a>  <a href="mailto:Tracey_Rooney@waysideyouth.org">Tracey_Rooney@waysideyouth.org</a>
<b>Waltham</b>	Parent group	Virtual support group	<b>Thursdays 9:30am – 11:00am</b>	Catherine Picciotto	Call: Catherine 781-966-5690	Email: <a href="mailto:Catherine_Picciotto@waysideyouth.org">Catherine_Picciotto@waysideyouth.org</a>

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## Central Mass Area

FAMILY SUPPORT PROGRAMS:

PPAL <http://ppal.net/ppal-central-ma> Wayside <https://www.waysideyouth.org/forfamilies/parentsupportservices/>

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Statewide	PPAL Parents of Transition Age Youth (P-TAY) Private Group.	Private Group Facebook Group		Ann Berube Kathy Ledoux	Private group for families with lived experience. Email Kathy and Ann with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>	Link to Facebook Group: <a href="https://www.facebook.com/groups/260425921978672/?source_id=220653121088">https://www.facebook.com/groups/260425921978672/?source_id=220653121088</a>
Charlton	Parent Support	Virtual support group	Thursdays 5 - 7 PM	Lisandra Martinez	<a href="mailto:Lisandra_Martinez@waysideyouth.org">Lisandra_Martinez@waysideyouth.org</a> Call: 508-656-0468	
Clinton	Family/Caregiver Support	Virtual support group	Fridays 6:30pm-8:30pm	Edie Scot	Use <a href="http://www.freeconferencecall.com">www.freeconferencecall.com</a> to participate. Call Edie at: 978-758-0443	
Gardner/ Worcester/ North Central	Parent Group	Virtual support group	2nd and 4th Thursday 6pm-8pm	Ann Berube Kathy Ledoux	<a href="https://zoom.us/j/987989..eUp3Q1ZtUkZscWEwaHd5QT09">https://zoom.us/j/987989..eUp3Q1ZtUkZscWEwaHd5QT09</a> Meeting ID: 987 9897 8222 / Password: 708467 / +1 646-558-8656	Email Kathy and Ann with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Framingham	Parent Support	Virtual support group	Tuesdays 9:30 am	Christi Fagerberg	<a href="mailto:Christi_Fagerberg@WaySideYouth.org">Christi_Fagerberg@WaySideYouth.org</a> 508-469-3297 or 470-601-7602	Contact Christi for Zoom invite
Framingham	Transition Age Youth Parent Support (16-25yrs)	Virtual support group	Wednesdays 6:00 PM	Christi Fagerberg	<a href="mailto:Christi_Fagerberg@WaySideYouth.org">Christi_Fagerberg@WaySideYouth.org</a> 508-469-3297 or 470-601-7602	Contact Christi for Zoom invite
Milford	Transition Age Youth Parent Support (16-25yrs)	Virtual support group	Tuesdays 5 - 7 PM	Lisandra Martinez	<a href="mailto:Lisandra_Martinez@waysideyouth.org">Lisandra_Martinez@waysideyouth.org</a> Call: 508-656-0468	
Milford	Parent Support (Spanish)	Virtual support group	Wednesdays 12 - 2 PM	Lisandra Martinez	<a href="mailto:Lisandra_Martinez@waysideyouth.org">Lisandra_Martinez@waysideyouth.org</a> Call: 508-656-0468	
Milford	Parent Support	Virtual support group	Wednesdays 6 - 8 PM	Lisandra Martinez	<a href="mailto:Lisandra_Martinez@waysideyouth.org">Lisandra_Martinez@waysideyouth.org</a> Call: 508-656-0468	
Worcester/ North Central	Family Support	Virtual support group	Fridays at 9am-11am	Joel Khattar Dawn Christie	Drop in before the weekend to get parent-peer support & ideas for a fun weekend Phone Number: 1(574) 807-6224 PIN: 481 219 769#	Email Joel and Dawn with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>

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Worcester/ North Central	Parent/Caregiver Support Group Social	Virtual support group on special education	<b>Mondays at 9am-11am</b>	Kathy LeDoux  Ann Berube	Family Support Drop-In Call Providing support and resources Phone Number: 1(574) 807-6224 PIN: 481 219 769#	Email Kathy and Ann with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Worcester/ North Central	Hispanic Parent/Grandpar ent/ Caregiver Support (Spanish)	Virtual support group	<b>1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 10am-12am</b>	Irelsa Oliveras  Joel Khattar	<a href="https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdIS1lvV1F2bURGdHJtZz09">https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdIS1lvV1F2bURGdHJtZz09</a> Meeting ID: 958 6633 3379 / Password: 246553 / +16465588656	Email Irelsa and Joel with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>
Worcester/ Leominster/ North Central	Parents of Transitional Age Youth Support	Virtual support group	<b>First and Third Wednesday from 6pm- 8pm</b>	Kathy LeDoux	<a href="https://zoom.us/j/99976478858">https://zoom.us/j/99976478858</a> Meeting ID: 999 7647 8858 / +1 646-558-8656 (no password needed)	Email Kathy and Ann with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>

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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>Hampden, Hampshire, Franklin &amp; Berkshire Counties</b>	Parent Support	Virtual Support Group	<b>Mondays 6 PM</b>		Zoom ID Number: 264 212 8031 Contact Person: Margery Jess / Gretchen Emond Phone: 413-530-5488 / 413-530-4689 Email: <a href="mailto:mjess@wmtcinfo.org">mjess@wmtcinfo.org</a> / <a href="mailto:gemond@wmtcinfo.org">gemond@wmtcinfo.org</a>	Zoom ID Number: 264 212 8031
<b>Hampden, Hampshire, Franklin &amp; Berkshire Counties</b>	Parent Support	Virtual Support Group	<b>Tuesdays 11:30 AM</b>		Zoom ID Number: 264 212 8031 Contact Person: Jan Lamberg / Cynthia Santiago Phone: 413-387-7161 / 413-218-5055 Email: <a href="mailto:jlamberg@wmtcinfo.org">jlamberg@wmtcinfo.org</a> / <a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a>	Zoom ID Number: 264 212 8031
<b>Hampden, Hampshire, Franklin &amp; Berkshire Counties</b>	Parent Support	Virtual Support Group	<b>Wednesdays 1:00 PM</b>		Zoom ID Number: 264 212 8031 Contact Person: Margery Jess / Gretchen Emond Phone: 413-530-5488 / 413-530-4689 Email: <a href="mailto:mjess@wmtcinfo.org">mjess@wmtcinfo.org</a> / <a href="mailto:gemond@wmtcinfo.org">gemond@wmtcinfo.org</a>	Zoom ID Number: 264 212 8031
<b>Hampden, Hampshire, Franklin &amp; Berkshire Counties</b>	Parent Support	Virtual Support Group	<b>Jueve 1 PM</b>		Número de Identificación en Zoom: 264 212 8031 Persona de Contacto: Jan Lamberg / Cynthia Santiago Teléfono: 413-387-7161 / 413-218-5055 Correo Electronico: <a href="mailto:jlamberg@wmtcinfo.org">jlamberg@wmtcinfo.org</a> / <a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a>	Número de Identificación en Zoom: 264 212 8031
<b>Agawam</b>	Parent Support	Agawam Public Library 750 Cooper Street	<b>Group on hold until further notice</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>Group on hold until further notice</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>Group on hold until further notice</b>	Gretchen Emond	<a href="mailto:gemond@wmtcinfo.org">gemond@wmtcinfo.org</a> 413-530-4689 x 3032	
<b>Holyoke</b>	Parent/Grandparent/Caregiver Support (Bilingual)	Holyoke Senior Center 291 Pine St. Holyoke, MA	<b>Group on hold until further notice</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	<a href="mailto:mjess@wmtcinfo.org">mjess@wmtcinfo.org</a> 413-530-5488
<b>North Adams</b>	Parent/Caregiver Support Group	Group on hold	<b>Group on hold until further notice</b>		<a href="mailto:gemond@wmtcinfo.org">gemond@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>Group on hold until further notice</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	Transportation provided. Please call ahead.

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**Light Orange** = Day Groups

<b>Springfield</b>	Padres de Jovenes en edad de Transicion	Impact Center (1 <sup>st</sup> floor) 41 Taylor Street	<b>Group on hold until further notice</b>	Cynthia Santiago	<a href="mailto:csantiago@wmtcinfo.org">csantiago@wmtcinfo.org</a> 413-218-5055	Transportation provided. Please call ahead.
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@yahogroups.com">aftlist-subscribe@yahogroups.com</a>
<b>AANE (The Asperger/ Autism Network)</b>	Online Groups	Varies	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)
		Community Room 17 Convent Hill Road	<b>Group on hold until further notice</b>			

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<b>DBSA (Depressional and Bipolar Support Alliance)</b>	Online Groups	Varies		<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>Northeast Recovery Learning Community, NILP, Lawrence and Lowell, MA</b>	Online group	Wed Bi-Weekly (6/24/20 meeting)	Jo Bower Gabe Fonseca	Jo Bower (jbower@nilp.org) & Gabe Fonseca (gfonseca@nilp.org)	Zoom Meeting <a href="https://us02web.zoom.us/j/96614645032?pwd=R1dGUJhNMTNQSElYWVpZSWtidERpQT09">https://us02web.zoom.us/j/96614645032?pwd=R1dGUJhNMTNQSElYWVpZSWtidERpQT09</a> Meeting ID: 966 1464 5032 Password: 009785
<b>Parents Helping Parents of Massachusetts</b>	Online Parenting Workshop	Please see the cell on the right		<a href="https://www.parentshelpingparents.org/">https://www.parentshelpingparents.org/</a> Click this link to join: <a href="https://zoom.us/j/6607380697">https://zoom.us/j/6607380697</a> 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
<b>PPAL Parents of Transition Age Youth (P-TAY) Private Group.</b>	Private Group Facebook Group		Ann Berube Kathy Ledoux	Private group for families with lived experience. Email Kathy and Ann with questions at <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a>	Link to Facebook Group: <a href="https://www.facebook.com/groups/260425921978672/?source_id=220653121088">https://www.facebook.com/groups/260425921978672/?source_id=220653121088</a>
<b>PPAL</b>	Juvenile Justice Family Support	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays 7 - 8:45pm	Dawn	<a href="mailto:juvenilejustice@ppal.net">juvenilejustice@ppal.net</a> At 7pm-8:45pm	We are here to help by providing support and resources <a href="https://zoom.us/j/91198625343?pwd=VDk4NFp3MWFmNTZ6NFAXYm5YMEo1dz09">https://zoom.us/j/91198625343?pwd=VDk4NFp3MWFmNTZ6NFAXYm5YMEo1dz09</a>  Meeting ID: 911 9862 5343 Password: 603505
<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.

## Online/Chat/Social Media Groups

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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/aft/">https://www.mspcc.org/aft/</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@coleresou rcenter.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@coleresou rcenter.org	Support for mothers who have TAY-adult children with mental health conditions. <b>Contact Joanne for Zoom information.</b>
<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.

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<b>MEDA (Multi-Service Eating Disorders Association)</b>	Support	entrance to the building 449 Newtonville Ave Newton	<b>Mondays</b> <b>6:00 pm – 7:00 pm</b>		<a href="https://www.medainc.org/services/health/medas-recovery-groups/">https://www.medainc.org/services/health/medas-recovery-groups/</a>	Group for all loved ones of someone with an eating disorder. It is a place to connect to individuals, ask questions, and share in a supportive community.
<b>NAMI Massachusetts</b>	Parent/Caregiver Support	Multiple locations	Varies, Zoom info here <a href="https://namimass.org/nami-family-support-groups/">https://namimass.org/nami-family-support-groups/</a>		<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>  <b>Contact group leaders for virtual updates</b>		<a href="https://gbpflag.org/support-groups/">https://gbpflag.org/support-groups/</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>  <b>Contact group leaders for virtual updates</b>		<a href="https://gbpflag.org/support-groups/">https://gbpflag.org/support-groups/</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.

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

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

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