



PPAL

Parent/Caregiver Support

MONDAY

- Virtual: **Grupo de Apoyo Hispano** 10:00 AM - 12:00 PM
- Virtual: **Parents Raising LGBTQIA+ Children** 6:00 PM - 8:00 PM
- Hybrid: **Parenting Young Adults - Looking to the Future** 5:00 PM - 7:00 PM

Mount Wachusett Community College (MWCC)
444 Green Street, Room H-140
the North Cafe, Gardner, MA
(Park in Lot C)

Are you navigating the mental or behavioral health systems for a child, teen, or young adult?

Request 1:1 peer support!

We have NO waitlist!

TUESDAY

- Hybrid: **Caregiver Connections** 5:00 PM - 7:00 PM
Beals Memorial Library
50 Pleasant Street
Winchendon, MA



Do you need help navigating and advocating in the school system for a loved one with mental or behavioral health needs?

Book a School Problem Solving Appointment
parentsupportgroup@ppal.net

Scan QR to see all PPAL events!



WEDNESDAY

- Virtual: **Relax & Connect** 11:30 AM - 1:30 PM
- Virtual: **Parenting Young Adults - Looking to the Future** 6:00 PM - 8:00 PM

THURSDAY

- Virtual: **Grandparents Lunch and Learn** 2nd Thursday 12:00 - 2:00 PM
- Virtual: **Grandparents Connections** 4th Thursday 6:30 - 8:30 PM
- Virtual: **Parent Support Group** 6:00 - 8:00 PM

HYBRID beginning on 11/7.
Boyden Library 10 Bird St,
Foxborough, MA 02035.

FRIDAY

- Virtual: **Parenting Power UP** 12:00 PM - 2:00 PM

For more information about any of our events, go to PPAL.NET/EVENTS



Parent/Professional
Advocacy League

