

PPAL

Parent/Caregiver Connections & Support

Our support groups sometimes change.
Please visit PPAL.net/Events for the most up-to-date info

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!

MONDAY

Virtual: **Grupo de
Apoyo Hispano**
10:00 AM - 12:00 PM

Hybrid: **Parenting
Young Adults - Looking
to the Future**
5:00 PM - 6:30 PM
(Gardner)

TUESDAY

Hybrid: **Caregiver
Connections**
5:00 PM - 6:30 PM
(Winchendon)



WEDNESDAY

Virtual: **Relax &
Connect**
11:30 AM - 1:00 PM

In Person:
**Westborough Parent
Connections**
2nd Wednesdays
12:30 - 2:00 pm
4th Wednesdays
6:30 - 8:00 PM

Virtual: **Parenting
Young Adults: Looking
to the Future**
6:00 PM - 7:30 PM

THURSDAY

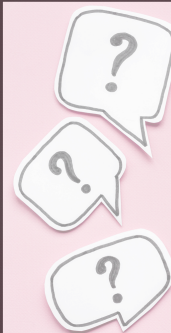
Virtual: **Grandparents
Lunch and Learn**
2nd Thursdays
12:00 - 2:00 PM

4th Thursdays
6:30 - 8:00 PM

Hybrid: **Empowered
Caregiver Connections**
6:00 - 7:30 PM
(Foxborough)

FRIDAY

Virtual: **Parenting
Power UP**
12:00 PM - 1:30 PM



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

**School Problem
Solving Clinic**

Make An Appointment!
parentsupportgroup@ppal.net

