

PPAL

Parent/Caregiver Connections & Support

Our support groups sometimes change.
Please visit PPAL.net/Events for links and 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: **Caregiver Connections**
2nd Wednesdays
12:30 - 2:00 pm

4th Wednesdays
6:30 - 8:00 PM
(Westborough)
Directions to PPAL office

Virtual: **Caregiver Connections**
6:00 PM - 7:30 PM

THURSDAY

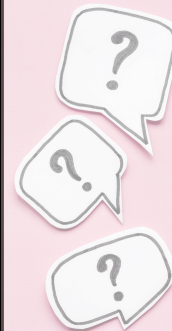
Virtual: **Grandparents Lunch and Learn**
2nd Thursdays
12:00 - 2:00 PM

4th Thursdays
6:30 - 8:00 PM

Virtual: **Empowered Caregiver Connections**
6:00 - 7:30 PM

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!
PPALSchoolClinic@ppal.net

