

# PPAL

## Parent/Caregiver Connections & Support

Our support groups sometimes change.  
Please visit [PPAL.net/Events](http://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**  
2<sup>nd</sup> Wednesdays  
12:30 - 2:00 pm

4<sup>th</sup> 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**  
2<sup>nd</sup> Thursdays  
12:00 - 2:00 PM

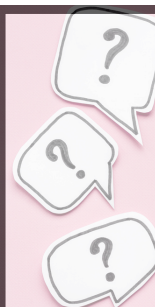
4<sup>th</sup> Thursdays  
6:30 - 8:00 PM

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

### FRIDAY

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

In Person: **Family Support Group for Lynn Families**  
2<sup>nd</sup> & 4<sup>th</sup> Fridays  
6:30 - 8:30 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](mailto:PPALSchoolClinic@ppal.net)

