

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

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Light Blue = Transition Age Youth Parent Support Groups
Light Purple = Fathers Groups

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Metro Boston Area

FAMILY SUPPORT PROGRAMS:

The Home for Little Wanderers <http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html>

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		Eventbrite calendar here: http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html	Please RSVP through Eventbrite to get Zoom info. For more information email PSP@thehome.org
Any area in Suffolk County	Parent support	Virtual support group	Mondays 2 - 3 PM Wednesdays 1 - 2 PM Wednesdays 7 - 8 PM Fridays 10 - 11 AM		Eventbrite calendar here: http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html	Please RSVP through Eventbrite to get Zoom info. For more information email PSP@thehome.org
Any area in Suffolk County	Parent Support Group in Haitian Creole	Virtual support group	Mondays 2 PM		Eventbrite calendar here: http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html	Please RSVP through Eventbrite to get Zoom info. For more information email PSP@thehome.org
Any area in Suffolk County	Parent group for teen moms	Virtual support group	Thursdays 6 PM -7 PM		Eventbrite calendar here: http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html	Please RSVP through Eventbrite to get Zoom info. For more information email PSP@thehome.org
Any area in Suffolk County	Parent group for fathers	Virtual support group	Tuesdays 3 PM - 4 PM		Eventbrite calendar here: http://www.thehome.org/site/PageNavigator/ParentSupportProgram.html	Please RSVP through Eventbrite to get Zoom info. For more information email PSP@thehome.org
Canton	Parent Support Group	Virtual support Group	Tuesdays 10:30 am - 12:30 pm	Denel SantaLucia	Denel Call 707-702-1842 Email Denel_SantaLucia@WaysideYouth.org	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 Denel_SantaLucia@WaysideYouth.org	For Zoom invite, call or email Denel
Quincy	Parent Support	Virtual support group	Tuesdays 7 - 8 PM	Tara Schacht	Call or text Tara at 508-942-0306	Email at: taraschacht@bamsi.org

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Waltham	Drop-In 1:1 Support Parents/Caregivers Young adults	Virtual support	Tuesdays 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: Catherine Picciotto@waysideyouth.org
Waltham	Parent group	Virtual support group	Wednesdays 6:30PM – 8:00PM	Catherine Picciotto	Call: Catherine 781-966-5690	Email for Zoom invite: Catherine Picciotto@waysideyouth.org
Waltham	Parent group	Virtual support group	Thursdays 9:30am – 11:00am	Catherine Picciotto	Call: Catherine 781-966-5690	Email for Zoom invite: Catherine Picciotto@waysideyouth.org

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Southeast Area

FAMILY SUPPORT PROGRAMS:

Parent Information Network (BAMSI): <https://pin.bamsi.org/> for locations and additional details
 For PIN (BAMSI) groups, pre-registration is required. Call 508-947-8879 x 210 or email pin@bamsi.org.

Town	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Regional Support	Parents of Transition Age Youth (PTAY) Support	Virtual support group	Mondays 7:30 – 8:30 PM	Tara Freitas	774-517-7035	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Regional Support	LGBTQ+ Parent Support	Virtual support group	Tuesdays 7:00 – 8:00 PM	Chelsie Atwood	774-517-7011	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Regional Support	Grandparents & Relative Caregivers Support	Virtual support group	3rd Tuesday 10:00 – 11:00 AM	Amy McDevitt	774-517-7009	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Regional Support	Fathers Support	Virtual support group	2nd Saturday 5:00 - 7:00PM	Chris Bean	781-626-2209	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Regional Support	Couples Support	Virtual support group	4th Saturday 5:00 - 7:00PM	Chris Bean	781-626-2209	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Abington	May All Year, Parent Support	Virtual support group	1st and 3rd Tuesdays 7:00 PM	Jennifer Sullivan	suldog@comcast.net 617-459-3978	Contact Jennifer Sullivan for details
Brockton Area	Parent Support	Virtual support group	Wednesdays 6:00 – 7:00 PM	Sue Wolfe	774-480-4772	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Brockton Area	Parent Support	Virtual support group	Thursdays 11:00 AM – 12:00 PM	Sue Wolfe	774-480-4772	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Brockton Area	Family Activity	Virtual support group	Fridays 11:00 AM – 12:00 PM	Sue Wolfe	774-480-4772	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Cape Cod Area	Parent Support	Virtual support group	Saturdays 10:00 – 11:00 AM	Michelle Lynds	774-480-4215	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Fall River	Parent Support	Virtual support group	Wednesdays 7:00 -8:00 PM	Chelsie Atwood	774-517-7011	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Fall River	Parent Support	Virtual support group	Fridays 10:00 -11:00 AM	Chelsie Atwood	774-517-7011	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
New Bedford Area	Parent Support	Virtual support group	Every Other Wednesday 7:00 - 8:00 PM	Tara Freitas	774-517-7035	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Plymouth Area	Parent Support	Virtual support group	Thursdays 7:00 – 8:00 PM	Amy McDevitt	774-517-7009	Registration: call 508-947-8879 x 210 or email pin@bamsi.org

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Quincy	Parent Support	Virtual support group	Tuesdays 7:00 – 8:00 PM	Tara Schacht	508-942-0306	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Taunton Area	Parent Support	Virtual support group	Thursdays 7:00 – 8:00 PM	Lynn Levesque	508-944-7428	Registration: call 508-947-8879 x 210 or email pin@bamsi.org
Taunton-Attleboro & surrounding areas	Parent Support	Virtual support group	Fridays 12:00-12:45 PM	Candice Gabrey	774-501-2633	To register, email cgabrey@oldcolonyymca.org 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 nd /4 th Mondays of month	Malik Marrero	Malik 978-349-4171	Email for Zoom invite Malik_Marrero@waysideyouth.org
Lowell	Parent Support Group in Portuguese	Virtual Support Group	Mondays 11 AM – 12 PM 2 nd /4 th Mondays of month	Roberta Agostino	Roberta 978-349-4177	Email for Zoom invite Roberta_Agostinho@waysideyouth.org
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 Roberta_Agostinho@waysideyouth.org Malik_Marrero@waysideyouth.org
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 Roberta_Agostinho@waysideyouth.org Malik_Marrero@waysideyouth.org
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 Roberta_Agostinho@waysideyouth.org Malik_Marrero@waysideyouth.org
Lynn	Parent Support	Virtual support group	Fridays 6:30 – 8:30 PM	Dalene Basden	ptahsw@verizon.net	https://us04web.zoom.us/j/78189460790?pwd=TzJ5NXVjSFp3ZHI5UzdxdDZTFphQT09 MeetingID number is: 88427032709 Password: FFSG 2020 updated
Medford	Parent Support (w/educational focus)	Virtual support group	Tuesdays 9:30 – 11 AM	Carol Silva	Carol 781-423-5218	Email for meeting invite Carol_silva@waysideyouth.org
Medford	Parent Support (w/educational focus)	Virtual support group	Thursdays 6 – 7:30 PM	Carol Silva	Carol 781-423-5218	Email for meeting invite Carol_silva@waysideyouth.org

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Medford	Drop-In 1:1 Parent Support	Virtual support	Wednesdays	Carol Silva	Carol 781-423-5218	Email Carol_silva@waysideyouth.org Schedule 1:1 sessions - https://calendly.com/carol_silva/1-1-virtual-drop-ins
Waltham	Drop-In 1:1 Support	Virtual support	Tuesdays 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: Catherine.Picciotto@waysideyouth.org
Waltham	Parent group	Virtual support group	Wednesdays 6:30PM – 8:00PM	Catherine Picciotto	Call: Catherine 781-966-5690	Email for Zoom invite: Catherine.Picciotto@waysideyouth.org
Waltham	Parent group	Virtual support group	Thursdays 9:30am – 11:00am	Catherine Picciotto	Call: Catherine 781-966-5690	Email for Zoom invite: Catherine.Picciotto@waysideyouth.org

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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 parentsupportgroup@ppal.net	Link to Facebook Group: https://www.facebook.com/groups/260425921978672/?source_id=220653121088
Charlton	Parent Support	Virtual support group	Thursdays 5 - 7 PM	Lisandra Martinez	Lisandra_Martinez@waysideyouth.org Call: 508-656-0468	
Clinton	Family/Caregiver Support	Virtual support group	Fridays 6:30pm-8:30pm	Edie Scot	Use www.freeconferencecall.com to participate. Call Edie at: 978-758-0443	NAMI group
Worcester/ North Central	Family Network Social	Virtual support group	2nd and 4th Thursday 6pm-8pm	Ann Berube Kathy LeDoux	https://zoom.us/j/987989..eUp3Q1ZtUkZscWEwaHd5QT09 Meeting ID: 987 9897 8222 / Password: 708467 / +1 646-558-8656	Email Kathy and Ann with questions at parentsupportgroup@ppal.net
Framingham	Parent Support	Virtual support group	Tuesdays 9:30 am	Christi Fagerberg	Christi_Fagerberg@WaysideYouth.org 508-469-3297 or 470-601-7602	Contact Christi for Zoom invite
Framingham	Transition Age Youth Parent Support (16-25 yrs)	Virtual support group	Wednesdays 6:00 PM	Christi Fagerberg	Christi_Fagerberg@WaysideYouth.org 508-469-3297 or 470-601-7602	Contact Christi for Zoom invite
Milford	Transition Age Youth Parent Support (16-25 yrs)	Virtual support group	Tuesdays 5 – 7 PM	Lisandra Martinez	Lisandra_Martinez@waysideyouth.org Call: 508-656-0468	Contact Lisandra for more information
Milford	Parent Support (Spanish)	Virtual support group	Wednesdays 12 – 2 PM	Lisandra Martinez	Lisandra_Martinez@waysideyouth.org Call: 508-656-0468	Contact Lisandra for more information
Milford	Parent Support	Virtual support group	Wednesdays 6 – 8 PM	Lisandra Martinez	Lisandra_Martinez@waysideyouth.org Call: 508-656-0468	Contact Lisandra for more information
Worcester/ North Central	Hispanic Parent Support Group (Spanish)	Virtual support group	1 st and 3 rd Tuesday 10am-12pm	Irelsa Oliveras Joel Khattar	https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdiS1lvV1F2bURGdHJtZz09 Meeting ID: 958 6633 3379 / Password: 246553 / +16465588656	Email Irelsa and Joel with questions at parentsupportgroup@ppal.net

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Worcester/ North Central	Parents of Transition Age Youth (P-TAY) Family Network Social	Virtual support group	1st and 3rd Wednesday 6pm-8pm	Kathy LeDoux Ann Berube	https://zoom.us/j/99976478858 Meeting ID: 999 7647 8858 / +1 646-558-8656 (no password needed)	Email Kathy and Ann with questions at parentsupportgroup@ppal.net
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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
Hampden, Hampshire, Franklin & Berkshire Counties	Parent Support	Virtual Support Group	Mondays 6 PM		Zoom ID Number: 264 212 8031 Contact Person: Margery Jess / Gretchen Emond Phone: 413-530-5488 / 413-530-4689 Email: mjess@wmtcinfo.org / gmond@wmtcinfo.org	Zoom ID Number: 264 212 8031
Hampden, Hampshire, Franklin & Berkshire Counties	Parent Support	Virtual Support Group	Tuesdays 1 PM		Zoom ID Number: 264 212 8031 Contact Person: Jan Lamberg / Cynthia Santiago Phone: 413-387-7161 / 413-218-5055 Email: jlamberg@wmtcinfo.org / csantiago@wmtcinfo.org	Zoom ID Number: 264 212 8031
Hampden, Hampshire, Franklin & Berkshire Counties	Parent Support	Virtual Support Group	Wednesdays 1:00 PM		Zoom ID Number: 264 212 8031 Contact Person: Margery Jess / Gretchen Emond Phone: 413-530-5488 / 413-530-4689 Email: mjess@wmtcinfo.org / gmond@wmtcinfo.org	Zoom ID Number: 264 212 8031
Hampden, Hampshire, Franklin & Berkshire Counties	Parent Support	Virtual Support Group	Jueve 1 PM		Número de Identificación en Zoom: 264 212 8031 Persona de Contacto: Jan Lamberg / Cynthia Santiago Teléfono: 413-387-7161 / 413-218-5055 Correo Electronico: jlamberg@wmtcinfo.org / csantiago@wmtcinfo.org	Número de Identificación en Zoom: 264 212 8031

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Online/Chat/Social Media Groups

Group	Location	Day and Time	Group Leader	Contact Information	Other Details
A Space for Parents with Children in Residential Treatment	Facebook Group			Must ask to join https://www.facebook.com/groups/1895751647361876/	This is a group for caregivers who have children in residential treatment.
Adoptive Families Together	Online List Serve		Annette Reynolds	Annette Reynolds obasaan@fredandannette.com	Moderated listserv group. To join, contact Annette or email aftlist-subscribe@yahoogroups.com
AANE (The Asperger/ Autism Network)	Online Groups	Varies	Multiple	https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/	Multiple online groups for parents with children on the autism spectrum. (Fee for groups)
DBSA (Depressional and Bipolar Support Alliance)	Online Groups	Varies		https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/	Online support groups Schedule: https://www.supportgroupscentral.com/groups_detail.cfm?cid=18
Mass. Families with Children with Mental Health Issues	Facebook Group			Must ask to join https://www.facebook.com/groups/1563651660622617/	Support for parents and other family members when children/teenagers are dealing with mental illness.
Mass. Transition to Adulthood	Facebook Group			Must ask to join https://www.facebook.com/groups/266094440846756/	This group is to share and support among families of young people with disabilities in Mass. as they transition from school to adult life.
Northeast Recovery Learning Community, NILP, Lawrence and Lowell, MA	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 https://us02web.zoom.us/j/96614645032?pwd=R1dGUjhNMTNQSElYWVpZSWtidERpQT09 Meeting ID: 966 1464 5032 Password: 009785
Parents Helping Parents of Massachusetts	Online Group	Varies		Richie richie@parentshelpingparents.org 617-926-5008 x 106	See https://www.parentshelpingparents.org/copy-of-parent-support-groups for most recent programming.
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 parentsupportgroup@ppal.net	Link to Facebook Group: https://www.facebook.com/groups/260425921978672/?source_id=220653121088
Wayside Parent Support	GroupMe support group using smartphones		Kelley Daron	Kelley_Daron@waysideyouth.org 781-966-5644	This is a private, monitored chat group where parents can connect from their phone through a group messaging app.

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Additional Groups that may match your family journey

Name	Group	Location	Day and Time	Group Leader	Contact Information	Other Details
Adoptive Families Together	Parent Support	Multiple locations	Check website for updated schedule		https://www.msppc.org/afi/	Support groups related to the adoption experience.
AANE (The Asperger/Autism Network)	Parent Support	51 Water Street Suite 206 Watertown	Varies	Varies	https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/	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)
AANE (The Asperger/Autism Network)	Grandparent Support	51 Water Street Suite 206 Watertown			events@aane.org	Support groups for grandparents of child, teen or adult on the autism spectrum.
Cole Resource Center	Mother's Support	McLean Hospital 115 Mill St Belmont, MA 02478	Tuesdays 11 AM – 12:30 PM Thursdays 6 – 7:30 PM	Joanne Grady-Savard	617-855-3298 joannegs@colesourcecenter.org	Support for mothers who have TAY-adult children with mental health conditions. Contact Joanne for Zoom information.
DBSA – Boston (Depressional and Bipolar Support Alliance)	Parent Support	McLean Hospital De Marneffe building 115 Mill St Belmont, MA 02478	Wednesdays 7:00 – 9:00 PM		info@dsaboston.org	This DBSA offers specific support groups for families, typically for TAY and adult children. http://dsaboston.netfirms.com/?page_id=106
DBSA (Depressional and Bipolar Support Alliance)	Parent Support	Multiple locations	Varies		Regional listing http://dsaboston.netfirms.com/?page_id=229	Some DBSA groups open to families as noted on schedule. Groups typical for families of TAY and adult children.
Grandparents Raising Grandchildren	Grandparent Support	Multiple locations	Varies		http://massgrg.com/web/resource-support.html	Group not limited to mental health discussions.
Learn to Cope	Peer and Family Support	Multiple locations	Weekly meeting schedule https://www.learn2cope.org/meetings/			Focus is peer-support, education, resources and HOPE for families dealing with addiction and recovery.
MEDA (Multi-Service Eating Disorders Association)	Support	entrance to the building 449 Newtonville Ave Newton	Mondays 6:00 pm – 7:00 pm		https://www.medainc.org/services/heal/medas-recovery-groups/	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.

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NAMI Massachusetts	Parent/Caregiver Support	Multiple locations	Varies. Zoom info here https://namimass.org/nami-family-support-groups/		https://namimass.org/nami-family-support-groups/	NAMI groups are for loved ones of all ages. Call to find out if group in your area has families of children/adolescents.
PFLAG	Parent/Caregiver Support	Throughout Greater Boston	https://qbpflag.org/wp-content/uploads/2020-05-21-Support-Group-Flyer.pdf Contact group leaders for virtual updates		https://qbpflag.org/support-groups/	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.
PFLAG	Parent/Caregiver Support of Transgender and Gender Non-Conforming Children	Throughout Greater Boston	https://qbpflag.org/wp-content/uploads/2020-05-21-Support-Group-Flyer.pdf Contact group leaders for virtual updates		https://qbpflag.org/support-groups/	Closed groups for parents/caregivers of transgender and gender non-conforming children.
PFLAG	Parent/Caregiver Support	Multiple locations	Find a Chapter for more information https://pflag.org/			Support for parents, allies and others of LGBTQ people. Not limited to mental health discussions.

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Page 14, October 1, 2020



**Parent/Professional
Advocacy League**

Statewide Office

77 Rumford Ave
Waltham, MA 02453
Toll Free: (866) 815-8122
Fax: (617) 542-7832

Email: info@ppal.net

Central MA Office

21 Cedar Street, Floor 1
Worcester MA, 01608
Tel: (508) 767-9725
Fax: (508) 767-9727

Web: <https://ppal.net/>

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