

FAMILY TIES
of Massachusetts



Together In Enhancing Support

Central Regional Support Groups

Support groups come in many sizes and forms, and their primary goal is the same. That goal is to provide comfort and/or assistance through the gathering of two or more individuals with a common concern. Support groups vary in their approach to fulfilling this goal. Some support groups strive to assist through education by hosting speakers on various issues. Others strive to provide comfort through the sharing of mutual experiences. It is important to find a support group that meets your specific needs. Keep in mind that just like a good pair of jeans, it may take several tries before you find a good fit. Once you find the right fit, a support group can become a comfortable and indispensable resource.

The support groups listed below are just a sampling of the groups available in the area. If you would like more information about a support group listed here, please call the specific support group contact. Groups do change, so we suggest that you call and confirm the meeting time and place before attending a meeting.

7/6/11

If you know of a support group in Central Massachusetts that you would like to see added to this Regional Support Group list, please call Barbara Donati, Family TIES Central Regional Coordinator, at 508-792-7880, Ext. 2337 or 1-800-905-TIES (8437). THANK YOU!

CENTRAL REGION HAPPENINGS.....www.communitygateway.org
Monthly support, informational & educational meetings in Central Mass.

ADD/ADHD - ATTENTION DEFICIT DISORDER

ADHD Parenting Group: Offers two sessions of 7 consecutive Wednesday, 6-7:30PM at Community Healthlink Youth and Family Services, Worcester.

CONTACT: Jean Tatis, 508-421-4451.

ADOPTION-ADOPTIVE FAMILIES

Adoption Parent Group: For dates and times, call Adoption Journeys

CONTACT: Debbie Giza, 508-753-5425

Adoptive/Foster Kinship Support Group: Meets the last Wednesday of the month from 7-8:30PM at the Spaulding School in Townsend. Call for more information.

CONTACT: Nancy Amante, 978-597-6161

Adoptive Families Together/MSPCC: Meets on the 3rd Thursday from 7-9PM at Worcester MSPCC office, 335 Chandler St. Worcester. Group Leaders: Deb Tambeau & Donna Warren.

CONTACT: 617-587-1522

E-MAIL: lbaeumier@mspcc.org

WEBSITE: www.mspcc.org

St. Mary's Adoptive and Pre-Adoptive Parents and Foster Care Providers Support Group: Meets on the 3rd Thursday of the month from 7:30-9pm at St. Mary's Pastoral Center, Shrewsbury.

CONTACT: Donna, 508-842-2529

ADVOCACY

Self-Advocacy Support Group: A support group for individuals ages 16 and older who are interested in understanding the rights and responsibilities of using your Voice. This group meets on the 2nd Wednesday of the month from 5-7PM at the ARC of North Central MA. Call for more information.

CONTACT: Kathy Black, 978-343-6662, Ext. 115

E-MAIL: kblack@arccommunityservices.org

WEBSITE: www.arccommunityservices.org

ALLERGY

Nashoba Valley Asthma and Allergy Educational Support Group (AAFA):

A local support group of the Asthma and Allergy Foundation of America, New England Chapter, serving Nashoba Valley area. Meetings are held at the Nashoba Valley Medical Center.

CONTACT: 781-444-7778

E-MAIL: aafane@aafane.org

WEBSITE: <http://www.asthmaandallergies.org>

The Peanut Gallery: Support group for children with peanut allergy that meets 4 – 5 times a year at the Central Mass. Allergy and Asthma Care office in Worcester. Call for more information.

CONTACT: Joan Hawkins, 508-757-1589

E-MAIL: joan_cmaac@verizon.net

ASPERGER SYNDROME

Asperger's Association of New England (AANE) Support group: For parents of school-aged children; meetings are held on the 4th Tuesday of the month from 6–7:30PM at the Merriam Room, Auburn Public Library, 369 Southbridge Street.

CONTACT: Auburn Library, 508-832-7790

E-MAIL: Lorraine.Cavallaro@med.va.gov

WEBSITE : www.aane.org

Asperger's Support Group for Parents: Meets on the 1st Wednesday of the month from 7-9PM at the Autism Resource Center of Central Massachusetts, 71 Sterling St., West Boylston. Call for information.

CONTACT: Sue Loring, 508-835-4278

E-MAIL: autism@hmea.org

WEBSITE: www.arccm.org

Asperger's Group (6-8 yrs): Open to all children, 6-8 years old with Asperger Syndrome. Meetings are held on Tuesdays from 4-5:15PM. Call for more information.

CONTACT: Children's Friend, Worcester, 508-753-5425

WEBSITE: www.childrensfriend.org/counseling.html

Asperger's Group (9-11 yrs): Open to all children, 9-11 years old with Asperger Syndrome. Meetings are held on Thursdays from 5-6:15PM.

CONTACT: Children's Friend, Worcester, 508-753-5425

WEBSITE: www.childrensfriend.org/counseling.html

Asperger's Group (12-14 yrs): Open to all children, 12-14 years old with Asperger Syndrome. Meetings are held on Mondays from 5:15-6:15PM.

CONTACT: Children's Friend, Worcester, 508-753-5425

WEBSITE: www.childrensfriend.org/counseling.html

AUTISM SPECTRUM DISORDERS/PDD

Autism 101: A support group that is a collaboration between the Arc of North Central and the Autism Resource Center. The group meets the 1st Wednesday of the month from 7-9PM at the ARC in Fitchburg. Please call for more information.

CONTACT: Autism Resource Center, 508-835-4278 or ARC Community Service, 978-343-6662

Autism Resource Center, West Boylston: Offers many programs including Autism Support Group, Asperger support groups, Autism support group for Spanish Speaking Families, Grandparents Support Group, Mom and Tot groups, Mother's Network Brunch group, Support Group for Parents of Teens, Support Group for Parents Raising children with Severe Low Functioning Autism, Support Group for Parents of Children in Residential Placement, sensory integration activities, social skills groups, swim and safety programs, and family fun activities. Please call the Center for more information.

CONTACT: Sue Loring, 508-835-4278

E-MAIL: autism@HMEA.org

WEBSITE: www.autismresourcecentral.org

Autism Parent Support Group: Come share your experiences and relate with other parents. Meetings are held every second Tuesday of the month 7-9pm at Umass Medical School, One Biotech, 365 Plantation St . Ste 100 Worcester

CONTACT: Kelly Hurley, 508-320-0314

BEREAVEMENT

Bereavement Support Group: the group meets the Last Monday of each month from 2pm-3:30p PM at Gardner VNA, 34 Pearly Lane, Gardner. Please call for details.

CONTACT: 978-632-1230

Gardner VNA

34 Pearly Lane, Gardner, MA 01440

Bereaved Parents of the USA – Sturbridge – a nationwide self-help organization designed to aid and support bereaved parents and their families as they struggle through their grief after the death of a child. BP/USA has no religious affiliations and is open to all parents, grandparents and siblings. Meetings are 2nd Monday of the month (6:30-8:30) St. Anne Shrine, Sturbridge.

CONTACT: 508-764-6170

E-MAIL: juurwithme@charter.net

Children's Friends Grief Center "The Carriage House": A grief support center for children ages 3-18 and their families who have experienced the death of someone very close. The peer support group meets every other week. Call for details.

CONTACT: Dr. Johana Sagarin or Karen Ludington, 508-753-5425

WEBSITE: www.childrensfriends.org/carriage_house.html

Compassionate Friends: A national self-support organization that offers friendship and understanding to bereaved parents, grandparents, and siblings. There is no religious affiliation and no membership dues or fees. The Mass. /Conn. Borders Town Chapter meets on the 2nd Thursday of the month at 7:30PM at St. Anthony Padua Church, Dudley.

CONTACT: Anne, 508-248-7144

CONTACT: National Office, 877-969-0010 For Holliston/Milford, Westminster, Worcester chapters

WEBSITE: www.compassionatefriends.org

Compassionate Friends North Central Chapter: a support group for families who have lost a child. Meetings will be held at Redemption Rock Church in Westminster at 7 pm.

CONTACT: 978 632-5776

Grief Share: Group meets on Tuesday nights at Holden Chapel, 279 Reservoir Street, Holden. Please call for details

CONTACT: 508-829-4441

Community Birth/Loss Support Group Collaboratives: Provides support to parents, families and friends experiencing the loss of a baby through miscarriage, stillbirth or newborn death. Parent-to-parent telephone contacts are also available.

Heywood Hospital (Gardner): Support group meets 1st Thursday of the month 7:00-8:30PM. Call for more information.

CONTACT: 978-630-6383

Milford-Whitinsville Hospital (Milford): Support group meets 2nd Thursday of the month from 7:00-8:30PM.

CONTACT: 508-473-1190, Ext. 2273

UMass Memorial Health (Worcester): Support group meets 3rd Thursday of the month 7-8:30 . Call for more information.

CONTACT: 508-334-8567

UMass Memorial Alliance (Fitchburg): Support group meets 4th Thursday of the month 7:00-8:30, Call for more information.

CONTACT: 978-630-1702

Health Alliance Home Health and Hospice support group:

Offers a free six week bereavement support group for those grieving the loss of a loved one.

Meetings are held at the Leominster Public Library on Wednesdays from 6:30- 8:00pm

Contact: Nancy Sorbo 978 7280674

CHILDHOOD CANCER

Why Me & Sherry's House: A Worcester-based organization created to help families cope with childhood cancer, offering love and support for families with childhood cancer. All support and services delivered completely free of charge to the whole family.

CONTACT: Margaret White, 508-757-7734

E-MAIL: mwhite@whyme.org

WEBSITE: www.whyme.org

DEAF OR HARD OF HEARING

Clarke School for the Deaf Parent Groups: Meets monthly on Sunday afternoons, 2:00-4:00 pm at the Clarke Family Center, 45 Round Hill Road, Northampton, MA. Children of all ages are encouraged to join us for activities! Please call for more information about details.

CONTACT: Martha A. deHahn, Director of Program Information and Outreach, 413-587-7387.

EMAIL: mdehahn@clarkeschools.org

Hear My Dreams Support group for parents of children with hearing loss:

Meets every Second Tuesday of odd numbered months from 7:00-9:00 pm in Worcester.

CONTACT: Megan Ford, Au.D, 508 -334-8736

EMAIL: hmdadmin@hearmydreams.com

DOWN SYNDROME

21 Shades: Inclusive support group for all families of African heritage who love someone with Down syndrome. Monthly meetings are held from 6:00-8:00PM at the Federation for Children with Special Needs, 1135 Tremont Street, Boston. Call for meeting dates, including summer social plans. Location accessible by MBTA (Ruggles Station).

CONTACT: Roxanne, 617-399-8343

EMAIL: chandler@fcsn.org

Central MA Down Syndrome Resource Group: Provides support, information, and social opportunities for families of children with Down Syndrome. The group meets monthly at St. Anne's Church Hall, Shrewsbury.

EMAILS: Debbie Frost @ Frostfam33@hotmail.com

Maura Lucier @ Maura_lucier@hotmail.com

Jessica Waltz Jesslb75@yahoo.com

D.A.D.S. (Dads Appreciating Down Syndrome): Meets monthly (generally the 4th or last Wednesday evening) in the South Shore or Metrowest region. The group's purposes are to create a network that meets the needs of its members while sharing information, camaraderie, and fun. Call for more information about the group's activities or meeting details.

CONTACT: Jeff Roback, 339-788-1460

EMAIL: paulsdadda@yahoo.com

Down Syndrome Group: A support group for families who have a loved one with Down Syndrome. This group meets the 2nd Saturday of the month from 1000-11:30AM at the ARC Office, 564 Main Street, Fitchburg. Babysitting is provided.

CONTACT: ARC Community Services, 978-343-6662

E-MAIL : kblack@arccommunityservices.com

WEBSITE: <http://www.arc-matson.org/family-support/>

Massachusetts Down Syndrome Congress: MDSC helps parents and professionals to understand and cope with issues relating to Down Syndrome. FIRST CALL program connects parents with veteran families.

CONTACT: 1-800-664-MDSC

E-MAIL: mdsc@mdsc.org

WEBSITE: www.mdsc.org

Down syndrome and Autistic Spectrum Disorder: a support group for families facing the dual diagnosis to come together to start new friendships, to talk and share strategies and to be a support and resource for each other and their children. A live chat room is held the second Monday of every month from 8:30pm – 9:30pm.

Contact: Charlotte Gray

E-Mail : morningtravelers2@yahoo.com.

EATING DISORDERS

Eating Disorders Family Support: A support group in Milford for parents of children with eating disorders. For more information, please call the Center for Adolescent Health, Milford Hospital, 14 Prospect Street, Milford.

CONTACT: 508-482-5444

Eating Disorders Support Group – Worcester West chapter of ANAD (Anorexia Nervosa and Associated Disorders), meets in the basement of Christ Memorial Episcopal Church, at the corner of Spring Street and Route 67 in North Brookfield. This group is for people who have concerns about themselves, a friend or a family member. Come alone or bring someone for support. Informational materials are provided.

CONTACT: For more information, visit <http://www.anad.org> or send a confidential e-mail to: shame2hope@yahoo.com

EPILEPSY AND SEIZURE DISORDERS

Brain Injury Association of MA: Provides information, resources, support and informal counseling for families..

BRAIN INJURY HELPLINE: 800-242-0030

WEBSITE: www.biama.org

Fitchburg – Stroke Support group; Contact Burbank Hospital (978) 343-5005

Gardner – Family and Survivors, Gardner St. Agnes Guild; Contact Pat Read (978) 660-5187

Milford – Family and Survivors, Milford Hospital; Contact Denise Simoneau, (508) 422-2559

Worcester – Family & Survivors, Worcester Public Library; Contact Jennifer Wood, (508)475-0032

Worcester – Family, Friends and Caregivers. Neuro-Rehabilitation Center;

Contact Jackie Mulligan, (508) 791-3147 x. 103

Brain Tumor Support Group: Meetings typically held on the 2nd and 4th Tuesdays of the month from 7-9 PM at UMass. Memorial Health Center, 55 Lake Avenue North. Call for details.

CONTACT: Ellen Sharnow, 508-334-7595 for details

Epilepsy Support Group: Meetings held at UMass. Memorial Health Center, 55 Lake Avenue North. Call for details.

CONTACT: Marsha Williams, 508-856-4147

Southwest of Boston Parent & Family Support Network Group: Meets 1st Tuesday monthly (not July through Sept. and Dec.) from 7:30-9PM at the Medfield Town Library, 468 Main Street (Rte. 109). For parents of children and teens with epilepsy.

CONTACT: Michelle Gaudet or Christi Barney, c/o EFMRI, 617-506-6041, Ext.19

FAMILY SUPPORT

ARC of North Central Non-Disability Specific Support Group: Meets on the 1st Thursday of the month from 10AM-Noon at the Lawrence Library, 15 Main Street, Pepperell. Call for more information.

CONTACT: Nancy Hanley, 978-582-6203

WEBSITE: <http://www.arc-matson.org/family-support/>

Dudley-Charlton Parent Partners – a community forum for parents of children with special needs and learning differences, to mentor and support each other while navigating the challenges of home, community and education. Meetings are held monthly at the Charlton Public Library community room on Wednesdays from 9:30-11 am(Children are welcome) and Wednesday evenings 7-8:30 at the YMCA in Southbridge. For exact dates please contact the group.

CONTACT: DCParentPartners@yahoo.com or <http://groups.yahoo.com/group/dcparentpartners/>

Family Hope: A support/information group for families, caregivers and service providers of children with special needs. The group meets every Tuesday from 6:30-8:00PM in Holden. Call for details.

CONTACT: Jennifer Keaney, 508-654-5218

Greater Western and Central Massachusetts: Child & Family Service Of Pioneer Valley, Inc.: Parent Education and Support Group: Serving Springfield, West Springfield, Easthampton, Greenfield, Orange, Worcester and communities in western and central Massachusetts. Call Toll Free in Massachusetts: 1-800-232-0510
Support group for parents of children under age 12 to assist them in with child development, limit setting, discipline and communication and more.
CONTACT: Donna Heap, LSW at (413) 737-4718

Multiples Support Group – Twins, Triplets and More: A group meets on the 2nd Wednesday of the month from 3:00-4:45PM at the Spaulding School, Townsend.
CONTACT: Nancy Amante, 978-597-6161

Parenting Group (Spanish): A Spanish-speaking support group for parents and caretakers of children under age 18. Meetings are held at Y.O.U., Inc., Centro Familiar, Worcester on Wednesdays from 5:30-7:00PM.
CONTACT: Jeanette Cardozo, 508-849-5600, Ext. 211

Parents Empowering Parents: A support group in North Central Massachusetts for families and caregivers of children with special needs and health concerns. Call for more information.
CONTACT: Anne Hurst, 978-632-7904

Pernet Health Parents Helping Parents Support Group (Spanish): A Spanish-speaking support group held every Friday from 10:30AM-Noon at Pernet Health, Worcester. Transportation and childcare are available.
CONTACT: Sylvia Rosado, 508-755-1228

SACCMY Family Group: (Substance Abuse Coalition for Central MA Youth):
A support group for parents/caregivers concerned about drug and alcohol use of their youth. Meetings are 3rd Monday from 6:00-7:30 pm at YWCA of Central MA, Worcester.
CONTACT: Janelle Correa, 508-963-3696 or Rina Cavallini, 508-615-2126

Support Group for Parents of Children with Attachment Problems: A support group for parents of children who have suffered early trauma and who have attachment problems. This group is sponsored by Adoption Journeys of Central MA. Families do not have to be in treatment to participate. Meetings are held on alternating Mondays from 6:30–8:00PM at the Attachment Institute of New England, 21 Cedar Street, Worcester.
CONTACT : Dr. Suzanne Allen, 508-799-2663, Ext. 104

Wachusett Parent to Parent Support Group: A community forum for issues concerning special needs children. Monthly meetings//meeting location changes monthly.
CONTACT: Lisa Morgan, Immorgan@charter.net

FATHERS

Fathers Parenting/Support Group: Meets Fridays from 11:15am to 12:30pm at the WCCC Resource & Referral Center at the Worcester Community Action Council, Inc. 484 Main Street Worcester.

CONTACT: Chris Nelson, 508-755-1228 or 508 754-1176 x 124

GRANDPARENTS

Grandparents Raising Grandchildren: Provides information, training and support for grandparents raising their grandchildren. Meets every second Tuesday from 6-8PM (with a counselor from Children's Friend, Inc.) at the YWCA Worcester. Call for more information.

CONTACT: Elder Services of Worcester area -508 756-1545

Grandparents Raising Grandchildren Coffee Hours: Raising a grandchild can be challenging, but it can also be rewarding. Come share your experiences. The main goal of this group is to create a warm, non-judgmental atmosphere where members can share information and discuss concerns. Meetings are held the 1st Monday of each month from 10:00-11:00 a.m. at You, Inc. Family Resource Center, 81 Plantation Street, 2nd Floor, Worcester.

CONTACT: Francine Winslow-Ramos at 508-849-5600 ext. 260

E-MAIL: winslowf@youinc.org

Brimfield: Support Group, Social activities for grandchildren

CONTACT: Margo Chevers, PO Box 281, Wales 01081, 413-245-1219

EMAIL: Margo@MargoChevers.com

Leominster : Information & Referral, Parenting Classes, Informational forums, Children's Programs at the Multi-Service Center, 53 Merriam Avenue, Leominster.

CONTACT: Kristi Iannacone (978) 537-7395

EMAIL: multict@comcast.net

MEDICAL CONDITIONS

Celiac Support Group of Central MA: Meets at the Fallon Clinic Nutrition Department, 630 Plantation Street, Worcester. Open to all; call for more information .

CONTACT: 508-852-6175

Diabetes Support Group: A support group for individuals with diabetes who are interested in learning more about managing their diabetes. Family members and friends are welcomed. The meetings are held on the 1st Tuesday of every month from 6:30-8:30PM at the Worcester Senior Center, Worcester (no meetings, July, August, December, or January).

CONTACT: 508-852-6175

Eosinophilic Gastrointestinal Disorders Support Group: Provides support to parents and opportunities to meet and share for young adults and adults affected by EGID. Meets second

Saturday of the month at Children's Hospital Waltham, 9 Hope Avenue, Waltham; speakers with the group offer educational talks on a variety of topics. Call for meeting details and RSVP.

CONTACT: Dianna, dianna@EGIDBoston.org

Friends With Heart: A support group for parents of children with congenital heart conditions, meets monthly from 7-9PM at Worcester Library. There are also quarterly informational meetings with guest speakers. Call for details and directions.

CONTACT: Dawn King, 508-842-1636

E- MAIL: dawnking@townisp.com

Kids with Tubes: Online support group and info for parents and caregivers of tube-fed children.

WEBSITE: www.kidswithtubes.org

Prader-Willi Syndrome Association of New England: Provides information and support, quarterly parent support groups, family recreation events, conferences every other year, parent sharing list of parents who can be contacted for support, and newsletter. Call for details.

CONTACT: Sherry Bombardier, 508-943-1400

E- MAIL: info@pwsane.org

WEBSITE www.pwsane.org

Sanfilippo Mothers Group: Meetings will occur monthly, beginning Friday, March 5th at 7:00 p.m. in Needham. Call for details about meeting format and location. All families are welcome.

CONTACT: Mary-Frances, mfgcgc@yahoo.com

Scotty Luce Coalition for Family Preservation: Support group for parents of children with severe medical, physical, and cognitive delays. Call for more information.

CONTACT: Tricia Luce, 508-831-0999

MENTAL HEALTH

National Alliance for the Mentally Ill of Central MA (NAMI): Provides support to family members and friends of the chronically mentally ill through group support meetings where experiences, problems and solutions are shared. Also, provides educational meetings speakers to inform members of services and facilities available to the mentally ill.

CONTACT: Annette Mysiewicz for more information, 508-368-3562

Education Meeting: 3rd Thursday /month 7-9pm Biotech Park Worcester

Family Support group meeting – 1st Thursday/month 7-9pm Biotech Park Worcester

National Alliance for the Mentally Ill of North Central MA: Provides support for families and friends of individuals diagnosed with major mental illness. Call or check the website for information: www.namincm.org

Consumer Support Group – These support meetings for "consumers" (individuals with mental illness) are held every Thursday of the month from 7-8:30PM at the Messiah Lutheran Church, Fitchburg

CONTACT: Bob or Maureen, 978-772-4243

Care and Share Support Group – Support group for friends and family members of individuals with a mental illness. Meetings are held every Thursday of the month from 7-8:30PM at the Messiah Lutheran Church, Fitchburg.

CONTACT: Nelson or Terry, 978-386-5862

Family 2 Family & Consumer support groups - Support group for friends and family members of individuals with a mental illness. Meetings are held 2nd and 4th Friday of each month from 7-8:30PM at the Clinton Hospital, Clinton.

CONTACT: Edie and Andy Scott, 978-345-2214

National Alliance for the Mentally Ill - Blackstone Valley: Provides support for families and friends of individuals diagnosed with major mental illness. Meetings are held the 1st Tuesday of the month from 6:30-8PM at the Church of the Nazarene, 130 Douglas Street, Uxbridge.

CONTACT: Terri Adam, 508-917-8381

PAL Central MA Support Groups: Offers area support groups for parents or caregivers raising a child or teen with emotional, behavioral, or mental health needs.

CONTACT: Meri Viano, Program Manager 508-767-9725

E-MAIL: Mviano@ppal.net

WEBSITE: www.ppal.net

Fitchburg: meets 1st and 3rd Monday of the month from 10-11:30 am at the Youth & Family Center, 356B Broad St. Fitchburg.

Contact: Beth Pond or Meri Viano, 508-767-9725

Leominster: Meets on the 1st Wednesday of the month from 6:30-8:30PM at the Fidelity Bank Community Room , 9 Leominster Connector, Leominster

CONTACT: Beth Pond, 508-767-9725

EMAIL: Bpond@ppal.net

Southbridge: Meets on 2nd and 4th Monday of the month from 5-6 PM at GB Wells Center, 31 Pine Street, Southbridge.

CONTACT: Mary Lambert, 508-767-9725

E-MAIL: Mlambert@ppal.net

Worcester: Meets on the 2nd and 4th Thursday of each month from 5:30-7:30pm at PAL, 51 Union Street Suite 308, 3rd Floor, Worcester.

CONTACT: Joanne Carey or Mary Lambert , 508-767-9725

EMAIL: mlambert@ppal.net or joannecarey1@yahoo.com

H.O.P.E Helping Others Promote Equality – A PAL youth group open to teens 13-18 who have emotional, behavioral or mental health needs. There are 3 meetings a month and opportunities to attend trainings, conferences and community service activities.

Contact: Meri Viano , 508-767-9725

EMail: Mviano@ppal.net

PAL Yahoo Support Group: Make connections with other families with children with emotional, behavioral and Mental Health needs from your home. Follow these steps to join:

CONTACT: moderator PAL connection Mary Lambert;

E-MAIL: marylambert@charter.net ;

CALL: to discuss the group at (508) 767-9725

Parents Helping Parents: Statewide network of support groups for parents and other adults in a caretaking role, who are isolated or overwhelmed caring for a child affected by emotional and behavioral challenges. Group members share their parenting difficulties and successes, parenting skills, and explore different ways of dealing with family challenges and everyday issues.

Central Massachusetts:

Gardner, every other Wednesday 4-5:15 pm, child care is available.

Southbridge, Thursdays 6:30-7:30

Worcester, Mondays 7:00-8:30 PM; child care is available.

Worcester Spanish-Speaking Group, Fridays 10:00-11:30AM; child care is available.

Winchendon, Wednesdays 10-11:30, child care available

CONTACT: 800-882-1250

Parental Stress Line – 24 hour helpline: 1-800-632-8188

WEBSITE: www.parentshelpingparents.org

YOU, INC. Parent Support Group: A support group for families that have a child or adolescent with behavioral, emotional or mental health care needs. The group meets every Thursday morning 10-11:30AM and Thursday evenings from 6:30-8:00 at 205 School Street, Gardner.

CONTACT: Ann Berube, 978-630-4918 x 38

E-MAIL: BerubeA@youinc.org

YOU, INC. Parent/Caregiver Support Group: A support group providing resources , trainings and parent to parent support and friendships for families with children/adolescents who have mental, behavioral, or emotional health care needs. Groups available in English and Spanish on alternating Tuesdays from 12-1:15 pm at You Inc. 81 Plantation Street 2nd floor, Worcester, MA

CONTACT: Francine Winslow-Ramos at 508-849-5600 ext. 260

E-MAIL: winslowf@youinc.org

Youth and Family Center - South: A program of Central Mass. Communities of Care that provides supportive groups, classes, and activities for families that may lead to CHINS and/or court involvement. Meetings are held at 251 Main Street, Webster. Call for more information.

CONTACT: 508-856-5760 or 800-980-1347

Youth and Family Center – North: A program of Central Mass. Communities of Care that provides supportive groups, classes, and activities for families in Northern Worcester County. Meetings are held at 356B Broad Street, Fitchburg. Call for more information.

CONTACT: 508-856-1400; 866-602-6955

OTHER

Wheeling Wonders: A support group for children using wheelchairs or physically challenged. Call for more information.

CONTACT: Mary Varteresian, 978-928-5655 or Chris Haley, 978-874-0187

SIBLING SUPPORT

Kids Connections: (formerly SibShop) The Arc of North Central Massachusetts offers quarterly meetings for siblings (ages 8–16) of children with special needs. Call for more details.

CONTACT: Kathy Black, 978-343-6662 x 115.

E-MAIL: kblack@arccommunityservices.org

WEBSITE: <http://www.arc-matson.org/family-support/>

SIBshops: Autism Support Center offers groups for siblings (ages 7-14). For more information, call the Autism Resource Center, West Boylston.

CONTACT: 508-835-4278

E-MAIL: autism@hmea.org

WEBSITE: www.arccm.org

SIBS: Support and Information for Brothers and Sister: A group for sisters and brothers (ages 6–14) living with siblings who are experiencing emotional, behavioral, and mental health challenges. The groups are activity-based and offer basic, age-appropriate mental health education and coping strategies - all in the context of good, safe fun.

CONTACT: PAL Central MA, 508-767-9725

WEBSITE: www.ppal.net

SOCIAL SKILLS

Social Skill Groups: Groups for children and teens; meet on Wednesdays and Thursdays from 5:30-6:30PM and 6:30-7:30PM in Worcester. Call for details.

CONTACT: Children's Friends, Worcester (508) 753-5425

WEBSITE: www.childrensfriend.org/counseling.html

TOURETTE SYNDROME

Tourette Syndrome Association, Inc. TSA offers resources and referrals to help people and adults living with Tourette Syndrome and their families. Call for more information.

WEBSITE: www.tsa-mass.org

TRANSITION/ADULT GROUPS

Caregivers of Disabled Individuals Over the Age of 22: Support group for caregivers of a disabled individual over the age of 22; meets monthly from 10:00-11:30AM at the ARC offices, 564 Main Street, Fitchburg.

CONTACT: Family Supports, 978-343-6662, Ext. 115

E-MAIL: kblack@arccommunityservices.org

WEBSITE: <http://www.arc-matson.org/family-support/>

Community Connections Club: A support group run by the Autism Resource Center providing fun activities in the community for parents and young adults, ages 15 to 22.

CONTACT: Sue Loring, 508-835-4278

E- MAIL autism@hmea.org

WEBSITE: www.arccm.org