

FAMILY TIES

of Massachusetts

800-905-TIES (8437)

www.massfamilyties.org

Support Group Guide

**For Families of Children and
Youth with Special Needs**

2019

A project of the



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS



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ABOUT SUPPORT GROUPS

The basic purpose of a support group is to provide support and companionship of other parents with common interests and experiences who are “walking the same walk”. People who have been through, or are going through, a similar circumstance can do more than sympathize with you - they can relate to what you are going through and relieve the isolation and frustration we sometimes feel. Many of the unique problems you seem to encounter daily are not so unique after all. A special needs or disability support group can also be a great place to find practical tips and resources. Solutions to baffling situations may become evident to you as you listen to others.

It's not always easy to find a good fit with a support group. Each group has its own unique dynamics. There are support groups for almost any topic you can imagine. Some are specific to medical diagnosis, others may focus on better communication with schools or provide information about medical or therapeutic options. Some groups are educational and structured and others emphasize emotional support. Once you find a group that you are considering joining contact the leader and ask questions. Don't be afraid to find out the group's format, focus and purpose. Remember, when searching for a support group, the single most important thing to remember may be – if the group doesn't feel right to you or doesn't match your needs, try a different group.

Support groups can meet anywhere, including the Internet. If a group is not available in your area or if you want one with a different format or focus you may consider beginning a group of your own. To start a group a person doesn't need a grant, an agency or even an office - just the inspiration and a few other people who want to share their experience and hope. It can help to know about existing state or national organizations which can provide basic information and resources. Contact your Family TIES Regional Coordinator for more information about support group resources.

Family TIES of Massachusetts provides information, referral, and parent to parent support for families of children with special health needs or disability and their professional partners. We also provide information about Early Intervention (EI) and maintain a complete list of EI Programs in Massachusetts.

The information provided in this list of Support Groups is not a complete list of groups that may be available. For information about community based programs, resources and local support groups, please call our toll-free line **800-905-TIES (8437)**.

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ADHD / ADD

CHADD – Rhode Island

CHADD – Children and Adults with Attention Deficit Hyperactivity Disorder works to improve the lives of individuals with ADHD through education, advocacy, and support. Monthly meetings are held on Wednesday evenings at Bradley Hospital, 1011 Veterans Memorial Parkway, East Providence. Check the website for specific dates, times, and topics.

Contact: CHADD (401) 369-0045
Website: <http://www.chadd.net/template.cfm?affid=810&p=about>
E-Mail: rhode-island@chadd.net
Region: Southeast

CHADD Boston / Milton ADHD Support Groups

Formerly known as the Metrowest Satellite for CHADD, this group is sponsored by CHADD and Meets monthly on Thursday evenings. Refer to website for dates, details and contact info.

Contact: Matt Reid (508) 302-2425
Website: www.chadd.net/467
E-Mail: metrowest@chadd.net
Region: Metrowest

Families of Spirited Children (It takes a Village)

This is a group for parents, grandparents and caregivers of children with special needs, autism, ADHD or physical, sensory, or medical challenges. Free childcare and refreshments provided. Please call or e-mail for more information.

Contact: Kat (413) 650-3640
Website:
E-Mail: info@hilltownvillage.org
Region: Western

Adoption

Adoption Journeys – Central MA Area

Adoption Journeys in Massachusetts is a statewide Post Adoption support program of Child & Family Services. We are funded and supported by the Massachusetts Department of Children & Families. This is a network of services and supports for adoptive families, after an adoption has been finalized, or guardianship has been granted. Adoption Journeys services are provided to families who have adopted children or who have been designated permanent legal guardians by a court order.

Contact: Child and Family Services (800) 972-2734
Website: <https://child-familyservices.org/worcester/>
E-Mail:
Region: Central

Adoption Journeys – Western MA Area

Post Adoption Support Services for adoptive parents, children, and adolescents in Western Massachusetts. Support groups – Parent, Father and Teen girls groups, call for details, registration may be required for some

Contact: Mickey McInnis (413) 320-4680

Website: <https://child-familyservices.org/adoption-journeys-program-components/>

E-Mail: lmintz@cfsservices.org

Region: Western

Adoptive Families Together (MSPCC)

Adoptive Families Together hosts parent-led confidential groups across the state to share personal concerns and needs around adoptive parenting. They welcome adopted individuals, birth parents, foster parents, Kin parents, and all those with a connection to adoption. These are ongoing group. Visit the website for group details and locations.

Contact: MSPCC (800) 277-5387

Website: www.mspcc.org/aft

E-Mail: adoptivefamieliestogether@eliotchs.org

Region: Statewide

Adoptive Families Together– Worcester

Offers parent-run confidential groups for education, advocacy, support, and more. We also welcome adopted individuals, birth parents, foster parents and all those with a connection to adoption. Meetings are held monthly. Call for more details.

Contact: Deb Tambeau (800) 277-5387

Website: www.mspcc.org/aft

E-Mail:

Region: Central

Advocacy / Educational

Attleboro Area Homeschooling Group

Home Schooling

The main purpose of the Attleboro Area Homeschoolers is to give families in our area the support necessary to begin and continue the homeschooling experience. This homeschooling group typically has monthly parent meetings on the 4th Tuesday of the month (September through May) at 7PM at the Attleboro Public Library. Park days, fieldtrips, classes, book groups, Cub Scouts/Boy Scouts. We are a group of families that welcomes all homeschoolers in many communities in southeastern Massachusetts and northern Rhode Island. Please E-mail for details or join us online

Contact: Online Group

Website: www.thehomeschoolmom.com/local/attleboro-area

E-Mail: AttleboroAreaHomeschoolers-owner@yahoogroups.com

Region: Southeast

Bridgewater Area Freelance Learners

Home Schooling

Bridgewater Area Freelance Learners is a homeschool support group serving Bridgewater and the surrounding towns. This is a forum for any homeschool family to post ideas, events, trips, classes, obtain and sell curricula, collaborate on projects, etc., and to ask questions and share thoughts.

Contact: Freelance Learners

Website: <https://groups.yahoo.com/neo/groups/freelancelearnersbridgewater/info>

E-Mail:

Region: Southeast

Hilltown Families

Home Schooling

Hilltown Families ("HF") is a grassroots communications network of homeschool and after-school families with children from Kindergarten to 6th Grade and living in the rural hilltowns of Western Mass. Members share and organize events and activities to supplement their children's education, while offering support and opportunities to socialize. HF moderates a private email listserv for families to communicate and facilitate discussions, and offers free news feed service providing news and updates posted to Hilltown Families website. Check out the 2019 camp directory

Contact: Hilltown Families

Website: www.hilltownfamilies.org

E-Mail: info@hilltownfamilies.org

Region: Western

National Home Education Research Institute

Home Schooling

The National Home Education Research Institute provides online resources and support for parents who are homeschooling their children with special needs. Please visit the website for more information

Contact: NHERI (508) 364-1490

Website: <http://www.nheri.org/>

E-Mail: Mail@Nheri.org

Region: National

ARC of Opportunity Self Advocacy Support Group

Self Advocacy

The Arc of Opportunity's Self Advocacy group is led by individuals with disabilities both from within and outside of this organization. The group offers an opportunity for individuals to come together and discuss recent events, legislation, and how changes in the world may affect their families, their friends, and themselves.

Contact: Madeline Merchant (978) 343-6662 X 1011

Website: www.arcofoportunity.org/programs/family-support/self-advocacy

E-Mail: m.merchant@arcofoportunity.org

Region: Central

The United ARC

Self Advocacy and Social Groups

For over 60 years, the United Arc has been serving citizens with disabilities in Franklin and Hampshire Counties and surrounding communities, providing an array of flexible services for individuals of all ages with developmental disabilities and their families. They sponsor many self-advocacy, and social groups offering peer support, leadership development, social events and learning opportunities as well as Grandparent and Kinship support groups in the North Quabbin and Franklin County area. Please visit the website or call for details.

Contact: The United ARC (413) 774-5558

Website: www.unitedarc.org

E-Mail: info@theunitedarc.org

Region: Western

Hampden/Wilbraham Special Education Parent Advisory

SEPAC

Presentations will be held at Minnechaug Regional High School, located at 621 Main Street in Wilbraham In December and January: The SEPAC will announce dates and times for a parent meetings. Visit the website for call for more information.

Contact: William Michels (413) 596-3884

Website: https://www.hwrstd.org/apps/pages/index.jsp?uREC_ID=1177177&type=d&pREC_ID=1425001

E-Mail: michelsw@charter.net

Region: Western

The Arc Brockton Area

Transition Age 14 to 21

Is your child between the ages of 14 and 21? What is your vision for his or her future? What can you be doing now to help your child prepare for the transition from school to Adult Services? These questions and more are discussed at our monthly parent meeting. We share information, voice concerns and questions, and get expert guidance from disability professionals. The group meets one evening a month at the Brockton Area Arc. Please call or e-mail for more information.

Contact: Danielle Latimore (508) 853-8030 X 219

Website: <http://www.brocktonareaarc.org/services/family-support-center>

E-Mail: dlatimore@brocktonarc.net

Region: Southeast

Asthma and Allergy

Asthma and Allergy Foundation of America New England Chapter

Food Allergy

Educational support programs provide an opportunity for people with asthma and allergies (and/or family members, parents, and caregivers) to hear speakers, ask questions, learn more about managing asthma and allergies in "the real world," and share ideas and strategies in a small group. All programs are free and open to the public. To learn locations and details of meetings visit the AAFA New England website or call AAFA New England

Contact: AAFA New England (781) 444-7778

Website: www.asthmaandallergies.org

E-Mail: aafane@aafane.org

Region: Statewide

Autism

Aha Connections

This support group is sponsored by Northeast Arc Autism Support Center and hosted by Aha Connections. Join us to share the joys and challenges of raising a child with ASD. This is a great way to network and share information about services and supports in local communities. Parents will also learn what services and supports are available at Northeast Arc for the whole family. Call or email to learn specific meeting details and to register.

Contact: Jennifer Deady (978) 777-9135

Website: <https://www.ahaconnections.org/>

E-Mail: asc@ne-arc.org

Region: Northeast

Asperger / Autism Network (AANE)

AANE fosters awareness, respect, acceptance, and support for individuals with the Asperger profile and related conditions and their families. We support a variety of groups that are coordinated for various audiences, including but not limited to Adults, Grandparents, Parents of Elementary and Middle School Students, Parent of Teens, and Parents of Young Adults. Call, email, or check our website for group and activity details. Supports are also available to Spanish-speaking individuals and families.

Contact: AANE (617) 393-3824

Website: <https://www.aane.org/?s=support+groups>

E-Mail: info@aane.org

Region: Statewide

Autism Alliance

Autism Alliance hosts a variety of monthly family support group and family activities. Just for Dads groups, fitness groups, music, Multi-lingual groups and more. Please call or visit the website for more information.

Contact: Autism Alliance (508) 652-9900

Website: www.autismalliance.org

E-Mail: AutismAlliance@Advocates.org

Region: Metrowest

Autism Connections

Autism Connections hosts an array of support groups including parent, sibling, young adult, adult connections/support, social skills, parent to parent connections as well as social, sensory and recreational activities and more. Please call for more information or check the newsletter for a full listing of support groups across WMA

Contact: Joyce Paige (413) 529-2428 X 115

Website: <https://pathlightgroup.org/programs-and-services/>

E-Mail: joyce.paige@pathlightgroup.org

Region: Western

Autism Parent/Caregiver Support Group

Meetings are organized through Kennedy Donovan Center. Please send email for meeting dates, times, and location or call.

Contact: Juliane Dillon (774) 352-1325

Website: <https://www.kdc.org/services/family-support/>

E-Mail: jdillon@kdc.org

Region: Southeast

Autism Support Group for Parents of Young Children with ASD

Rocío Rosales, Ph.D., BCBA-D, LABA coordinates an Autism Support Group for parents of young children (up to age 6) with Autism Spectrum Disorder (ASD) in partnership with NFI's Family Resource Center in Lowell. The support group has two components:

- 1) a socialization group for children with ASD to encourage development of language, play, and social skills run by UMass Lowell students under the supervision of Rocío Rosales, Ph.D., BCBA-D; and
- 2) a support group for caregivers that provides an opportunity for parents and other family members to connect with others facing a similar experience. There is no charge to attend this group. To learn specific meeting details visit the website or reach out to contacts.

Contact: NFI Family Resource – Lowell (978) 455-0701

Website: <https://www.uml.edu/research/autism/services/support-group-parents-young-kids-asd.aspx>

E-Mail: FRCLowell@nafi.com

Region: Northeast

BANDS Together

Braintree Autism Network for our Daughters and Sons (BANDS) meets monthly. The meetings are open to all parents or guardians of children who live in Braintree and have an autism spectrum disorder (ASD) or live elsewhere but attend school in Braintree and have an ASD. There is no cost or obligation and membership is confidential.

Please call for more information.

Contact: Leah Nabstedt (617) 943-2452

Website:

E-Mail:

Region: Metrowest

Berkshire Teen Group

This group is for teens and young adults who live in Berkshire County and are on the autism spectrum. The group meets regularly for conversation and community based activities every other Friday evening throughout the community. Please call for group schedule and outing details.

Contact: Ben Breton (413) 529-2428 X 121

Website: <https://pathlightgroup.org/programs-and-services/autism-connections/>

E-Mail: benjamin.breton@pathlightgroup.org

Region: Western

Boston Families for Autism/TILL Inc.

Informational parent support group meets monthly on Thursday evenings at Ohrenberger Community Center, 175 West Boundary Road, West Roxbury. Please call for meeting and site details and to confirm.

Contact: Martin Pierra (781) 302-4835

Website: http://www.tillinc.org/autism_support.html

E-Mail: autism.services@tillinc.org

Region: Boston

Building Autistic Community, Inc

Building Autistic Community, Inc. is a peer run organization and offer support groups for individuals on the Autism spectrum, as well as separate support groups for families and spouses/partners. They also offer an Individual Success Plan, which runs 12 p.m. –4 p.m. Monday through Friday, offers training for social skills, discussion groups on topics, and a pre vocational training. Please call for more information.

Contact: Building Autistic Community (413) 359-0222

Website:

E-Mail: info@bacautism.org

Region: Western

Community Autism Resources, Inc. (CAR)

CAR provides outreach and support to families living with Autism in Southeastern Mass. They also offer children's and family activities, parent workshops, a lending library, and educational consultation. Call or visit the website for more information.

Contact: All Staff (508) 379-0371 X 20

Website: www.community-autism-resources.com

E-Mail:

Region: Southeast

Garrett Pressley Autism Resource Center

This organization sponsors child and family activities and Family Support Groups. Additionally – Social Skills Group for youth, Advocacy Services, Mentorship, Economic & Educational Consulting Services, Mental Health Care Advocacy Services, Medical Directory, Parent Leadership Training, Public Awareness, Resource Library. Groups gather at the Hyde Park Community Center 1179 River Street, Hyde Park, MA 02136. Call to confirm dates and times.

Contact: Deborah Smith-Pressley (617) 216-1676

Website: <http://gpautismresourcecenter.org>

E-Mail: smithpressley@aol.com

Region: Boston

HMEA – Autism Resource Central

The Autism Resource Center, West Boylston: Offers many programs, including Support Groups, sensory programs, integration activities, social skills groups, IEP, ADL and visual clinics as well as swim and safety program. Visit our site or call for more information.

Contact: Sue Loring (508) 835-4278

Website: www.autismresourcecentral.org/

E-Mail: autism@HMEA.org

Region: Central

HOPE Pioneer Valley Autism Support group

This group is designed for parents and caregivers of family members on the autism spectrum to meet and talk with others that are on the same journey in a positive and confidential environment. Group will meet on the 2nd Friday of each month from 9:30-11:30 at the Pioneer Valley Church of Christ, 85 Montcalm St. Chicopee MA. For more information or to RSVP.

Contact: Cathy Morgado

Website: www.HOPEww.org

E-Mail: camorgado@verizon.net

Region: Western

TACA (Talking About Curing Autism) Support Group

TACA (Talking About Curing Autism) offers Coffee Talks, parent mentoring and hosts meetings and family events. Please visit the website for more information.

Contact: Cheryl Gaudino

Website: <https://www.tacanow.org/local-chapters/northeast/massachusetts/>

E-Mail: Cheryl.Gaudino@tacanow.org

Region: Metrowest

Northeast ARC – Autism Support Center

Northeast Arc offers information & support for people with autism. Supports parent/professional network, parent support groups, Spanish-speaking support groups, and Sibshops. Call for additional information on our activities or verify scheduled workshops (time and location). Northeast Arc offers many specialized support groups throughout the month. Read our online newsletter. Check the website or call for info on trainings and meetings available each month.

Contact: Autism Support Center (978) 777-9135

Website: <https://ne-arc.org/services/autism-services/autism-support-center/>

E-Mail: asc@ne-arc.org

Region: Northeast

Clinical & Support Options

Parent Group

For parents of children/youth with high functioning autism (Asperger's). Come share your experience, learn about resources, and hear from experts in the field. Childcare available. This is a parent led support group, Saturdays 10:00am-11:30am, Bridge Family Resource Center, 101 University Dr, Suite A3, Amherst, MA, Group meets on Saturdays. Childcare available, refreshments served. Please call with questions.

Contact: Clinical & Support Options (413) 549-0297

Website: <https://www.csoinc.org/>

E-Mail: INFO@CSOINC.ORG

Region: Western

Communication Therapy Associates

Social Communication Disorder

The Asperger's Syndrome/Autism Spectrum Disorder: Support Group for Parents Whose Adult Children (18+) have Asperger's Syndrome, Social Communication Disorder, or are on the higher end of the Autism Spectrum. We meet quarterly on varying dates at Abby Jaffe's office, Communication Therapy Associates, 2 Bay Road in Hadley. There is no charge for the group. If you are interested, please email to have your name added to our email list. You will then receive an email invitation 2-4 weeks before we meet and an RSVP will be required to attend

Contact: Abigail Jaffe (413) 586-1945

Website: <http://www.comtherapy.com/>

E-Mail: abby@comtherapy.com

Region: Western

Behavior Concerns / Mental Health:

App(s) All-days Parent Peer Support

Mental Health Phone Support. App(s) is for emotional peer support and resources Non-Emergency Calls Only. App(s) is not a counseling service or a substitute for counseling services. App(s) provides the unique opportunity for professional parent-peer support. Return call response time may vary from same day to up to 2 business days. Parents, Grandparents and all caregivers may use the App(s) service.

Contact: Wayside Youth and Family Sup (508) 879-9800

Website: <http://www.waysideyouth.org/>

E-Mail:

Region: Metrowest

Depression and Bipolar Support Alliance DBSA-Boston

DBSA-Boston offers support groups in Belmont (McLean Hospital) and Boston (MGH) for people with affective disorders as well as their family and friends. Only support groups offered (not therapy groups) that allow members to share feelings, experiences, and strategies for coping with our illnesses. Groups are facilitated by DBSA members who receive ongoing training in group leadership. Please call or visit the website for more information.

Contact: DBSA - Boston (617) 855-2795

Website: www.dbsaboston.org

E-Mail: info@dbsaboston.org

Region: Metrowest

Mental Health Support Group

This support group is a free drop in group, available to any parent who is concerned that their child might be struggling with a mental health issue. This can be something such as ADD, or some sadness, lots of worries or perhaps something more defined. This is a pro bono group offered for parents to come together and share ideas, offer support to each other and realize that they are not alone in our concern for our children. Facilitators are: Dianne Walsh, LICSW (Cognitive-Behavioral Therapist) and Sue Hanly, RN (school nurse at Stony Brook School). All groups include discussion and sharing by any member who is interested in getting feedback from the group. You do not need to be a Westford resident to attend.

Contact: Dianne Walsh, LICSW (508) 566-3189

Website:

E-Mail: walshnr@comcast.net

Region: Northeast

NAMI Central MA

NAMI Central MA Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances. Meets at The Bridge of Central MA located on 4 Mann St. in Worcester, MA. Parking in back entrance of The Bridge in lot for Joey's Bar and Grill, 344 Chandler St. NAMI members will greet you at the door. Please E-mail for more information and RSVP.

Contact: Bill & Nancy Muszynski

Website: <http://www.namicentralmass.org/about-us/nami-family-support-group/>

E-Mail: wnmusz@charter.net

Region: Central

NAMI North Central MA

The National Alliance on Mental Illness (NAMI) of North Central Massachusetts is a non-profit organization that provides support, education, and advocacy throughout the North Central Massachusetts area on behalf of individuals and families affected by mental illness. We are an affiliate of NAMI Massachusetts and NAMI. NAMI Family Support Groups are free, confidential, and facilitated by NAMI-trained peers for family members, caregivers, and loved ones of individuals living with mental illness. Groups are held at Clinton Hospital, 201 Highland St, Clinton and Umass Memorial Health Alliance Hospital, 60 Hospital Road, Leominster.

Contact: Maryann Fairbanks (978) 342-0988

Website: <http://www.naminorthcentralma.org/>

E-Mail: maryfair123@yahoo.com

Region: Central

NAMI, National Alliance on Mental Illness Massachusetts

NAMI Family Support Groups around the state can provide understanding, comfort, hope and help for family members, friends and other caregivers. We provide a secure nonjudgmental environment where caregivers can discuss concerns and benefit from the collective knowledge and experience from one another. To find the group that is closest to your area, contact the NAMI Mass office or visit the website.

Contact: (800) 370-9085

Website: <http://namimass.org/programs/nami-family-support-groups>

E-Mail: info@namimass.org

Region: Statewide

North Shore Medical Center Family Resource Center

Offers many different support groups and workshops to teens and parents focused on behavioral health challenges including add/adhd, anxiety, depression, eating disorders, mood disorders and self harm. Visit the website or call the Family Resource Center to learn details and registration information.

Contact: NSMC Family Resource Center (978) 354-2670

Website: https://nsmc.partners.org/pediatrics/family_resource_center/family_support_groups

E-Mail: eyourgrau@partners.org

Region: Northeast

Parent Skills Group

For Parents of Children with Behavioral Concerns, ages 7–11: We welcome parents of children with significant behavioral concerns (like tantrums, acting out, forgetfulness, trouble following directions, staying on task). Meets weekly for 4 weeks in Boston.

Contact: Liz Victor (617) 355-0635

Website:

E-Mail: elizabeth.victor@childrens.harvard.edu

Region: Boston

PPAL Gardner Family Support Group

A support group for families that have a child or adolescent with behavioral, emotional or mental health care needs. Meets at the Mt. Wachusett Community College, 444 Green Street, Gardner, MA
Call for meeting room number.

Contact: Anne Berube (508) 767-9725

Website: www.ppal.net

E-Mail: aberube@ppal.net

Region: Central

PPAL Leominster Family & Friends Support Group

Groups Meet at Umass Memorial-Health Alliance Hospital, Leominster Campus, Simons Building, Guild Conference Room, 60 Hospital Road, Leominster MA. RSVP at parentsupportgroup@ppal.net

Contact: Anne Berube (508) 767-9725

Website: www.ppal.net

E-Mail: aberube@ppal.net

Region: Central

PPAL Worcester Parent Support Group

Parent/Caregiver support group for those raising a child/youth/teen that is challenging and has emotional, behavioral, and/or mental health needs. Meet other parents and caregivers who understand the struggles and victories of raising exceptional and challenging kids.

Contact: Kristen Solaras (508) 767-9725

Website: www.ppal.net

E-Mail: ksolaras@ppal.net

Region: Central

Wayside Youth & Family

Wayside offers a wide array of services for children, young adults and families. Do you have a child with behavioral, emotional or mental health challenges? Are you puzzled by your child's behavior and how to access appropriate services? Are you feeling alone and isolated? Support groups are held at Framingham and Waltham locations. Come and meet other parents/caregivers in an ongoing, free and confidential atmosphere of caring, sharing ideas and mutual support. Call or refer to the website for more information on the groups offered.

Contact: Kelley Daron (781) 891-0555 X 58

Website: <http://www.waysideyouth.org/>

E-Mail: Kelley_daron@waysideyouth.org

Region: Metrowest

PPAL Parent Support Groups

PPAL offers local phone support and peer-facilitated support groups where parents can share experiences in a non-judgmental setting and exchange information regarding resources, current research, and treatment options. Visit the website for comprehensive listing of local support groups, or contact the office for more information.

Contact: PPAL (866) 815-8122

Website: <http://ppal.net/find-help/support-groups>

E-Mail: info@ppal.net

Region: Statewide

Caregivers for the Mentally Ill

Caregivers

Sponsored by the Norfolk Alliance for the Mentally Ill; meets monthly on Thursday evenings in the cafeteria of Norwood Caritas Hospital, 800 Washington Street, Norwood. Please call or email for more information.

Contact: Ray Breton (508) 668-2941

Website: <https://www.nami.org>

E-Mail: 508jrb2301@gmail.com

Region: Metrowest

Gandara Center Impact Center/The Support Network

Caregivers

Our support groups are for parents/caregivers of children with social/emotional/and behavioral challenges, Check their webpage for the current schedule of the various meetings and contact the appropriate person who is hosting the group. The groups are offered in Hampden, Hampshire, Franklin and Berkshire Counties

Contact: Margery Jess (413) 536-2401 X 2005

Website: www.childrensemotionalhealth.org

E-Mail: mjess@wmtcinso.org

Region: Western

Our Courageous Journey - Grow A Strong Family

Family Support

A Support Group for the Family and Friends of those with a mental illness, facilitated by an experienced Certified Family Life Educator and mental health professional who are also family members of loved ones with mental illnesses. Weekly group meetings are 90 minutes. Participants come when they like; the only requirement is that you have a loved one or a friend with a mental illness that affects YOU. Participants are directed to appropriate resources and referrals as needed. Groups are not available over the summer. Contact for days and times.

Contact: Mara Briere (781) 405-8376

Website: <http://growastrongfamily.org/>

E-Mail: GASFInc@outlook.com

Region: Boston

International OCD Foundation

Obsessive-Compulsive Disorder

The IOCDF Resource Directory lists over 200 support groups for OCD and related disorders around the world. Groups are offered for individuals with the disorder, in addition to their family, loved ones, and caregivers. Visit the website to find locations near you.

Contact: International OCD Foundation (617) 973-5801

Website: www.ocfoundation.org/find_a_support_group.aspx

E-Mail: info@iocdf.org

Region: National

Parents Helping Parents

Parent Support

Parent support groups are free, confidential, and anonymous and serve as a safe place for parents to express frustrations and concerns about their children and families and get advice from other parents who understand. 24-hr. Stress Line: (800) 632-8188. BEFORE ATTENDING A GROUP: contact the group facilitator prior to going to your first meeting so that we know to expect you. Please visit our website; facilitator contact information is provided for each group.

Contact: Ellie (617) 926-5008 X 102

Website: <https://www.parentshelpingparents.org/locate-a-group>

E-Mail: ellie@parentshelpingparents.org

Region: Statewide

Caregiver Group for Children with Special Needs

Teens

For parents-Caregivers-Grandparents of Children/Teens with special needs. Friendship, Understanding, Empathy, Resources, Laughter and Hope. Meets at Trinity Episcopal Church 17 Congress Street, Milford. Childcare provided, please call if requesting childcare.

Contact: Cheryl Marino (508) 735-8049

Website: www.ppal.net

E-Mail: marinoc@youinc.org

Region: Central

Tourette Association of America – MA Chapter

Tourette's Syndrome

The Tourette Association of America – Massachusetts Chapter is a volunteer led, nonprofit organization supporting the needs of individuals and families affected by Tourette Syndrome and Tic Disorders.

Contact: Barbara Fink (888) 486-8738

Website: www.tourette.org/chapter/MA

E-Mail: bfink.taama@gmail.com

Region: Statewide

PPAL Transitional Age Youth Parent Support Group

Transition planning

Groups meet at Community Health link, 100 Erdman Way, Leominster, Ma. Email: parentsupportgroup@ppal.net

Contact: Anne Berube (508) 767-9725

Website: www.ppal.net

E-Mail: aberube@ppal.net

Region: Central

Wayside Youth & Family

Transition to Adulthood

A group for parents/guardians who have youth/young adults 16-24 years of age. Support will be given around your youth's/young adult's behavior, emotions, or mental health challenges. Meets at TEMPO, 68 Henry Street, Framingham (next to Wayside Youth & Family Support Network). Call for specific dates, times, and directions.

Contact: Ann Killion (508) 620-0010 X 194

Website: <http://www.waysideyouth.org/ForFamilies/ParentSupportServices.aspx>

E-Mail: ann_killion@waysideyouth.org

Region: Metrowest

Bereavement / Grief & Healing

Bereavement Group of Foxboro

This support group is led by a trained facilitator and offers support to families coping with the loss of a loved one. Please call for more information or to register.

Contact: Pamela McGuire (508) 543-1234

Website: http://www.foxboroughma.gov/Pages/FoxboroughMA_COA/progs/bereav

E-Mail:

Region: Metrowest

Center for Grief & Healing Parent Group

Groups provide a safe place to express feelings, share experiences and learn about grief, and are open to the community and are focused on providing support and information about the stress of grieving and opportunities for coping. Meetings are held at the Center for Grief & Healing in Danvers. Contact us for dates and times, and to register. Donations are appreciated.

Contact: Care Dimensions (888) 283-1722

Website: <https://www.caredimensions.org>

E-Mail: grief@caredimensions.org

Region: Northeast

Compassionate Friends

This national network has local chapters in Massachusetts. Self-help support groups are for parents who have suffered the death of a child of any age and from any cause. Please visit the website (English and Spanish links) to find the contact information for your local chapter and meeting times and locations.

Contact: Compassionate Friends (877) 969-0010

Website: <https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

E-Mail: nationaloffice@compassionatefriends.org

Region: National

Cranberry Hospice & Fragile Footprints

The Cranberry Hospice and Fragile Footprints Pediatric Palliative Care hosts support groups for children, teens, and adults who are coping with serious illness and/or who are coping with a death-related loss. Groups meet in Kingston and Plymouth. Please call for meeting times and details.

Contact: Deb Bastoni (508) 746-0215

Website: <http://www.bidplymouth.org/cranberryhospice>

E-Mail: dbastoni@bidplymouth.org

Region: Southeast

Forastiere Family Funeral & Cremation

Our bereavement support groups are held several times a month, at a variety of locations in the towns of East Longmeadow, Agawam, West Springfield, and Southwick, to provide support to families at their convenience. They are designed to help anyone who is grieving. They are free of charge, open to the community and registration is not needed. Please visit our newsletter or contact our funeral home or Grief Specialist, Joanne Sullivan, call for more information. In addition to our support groups, we hold a Suicide Survivors Support Group at our location in East Longmeadow – Forastiere Smith Funeral Home and Cremation, facilitated by members from the American Foundation for Suicide and Prevention / AFSP Western Massachusetts Chapter; held one Monday a month

Contact: Joanne Sullivan (413) 525-2800

Website: <http://www.forastiere.com/>

E-Mail: wecare@forastiere.com

Region: Western

Jeff's Place

Free, peer-based bereavement support groups for children (ages 3-19) and their families, offered in Wayland and Framingham. Groups are facilitated by professionally trained volunteers and monitored by a licensed clinician. Call for more information and to register.

Contact: (508) 879-2800

Website: www.jeffsplacemetrowest.org

E-Mail: melissa@jeffsplacemetrowest.org

Region: Metrowest

Listening, Reflecting & Healing

This is a genetic counseling and bereavement practice. Parents come together in mornings or evenings in Needham.

Contact: Mary-Frances Garber, MS, CG (781) 366-5300

Website: www.listeningreflectinghealing.com

E-Mail: mfgcgc@yahoo.com

Region: Metrowest

Jewish Family and Children's Service / CERS

Call for information about upcoming meetings and events. Sponsored by The Center for Early Relationship Support (CERS), Jewish Family and Children's Service. Support groups include: Mothering After Mother Loss Support Group

Mothering Without a Model, Young Parent Support

Support for Substance Abused Newborns

Contact: Gabrielle Jacobs (781) 693-5652

Website: <https://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support>

E-Mail: gjacobs@jcsboston.org

Region: Metrowest

Why Me & Sherry's House

Childhood Cancer

The Circle of Healing Bereavement Group is a monthly support group for any parents or extended family members grieving the loss of a child due to cancer, regardless of the treating institution. The families that attend are at various stages in their bereavement journey and support each other by listening and sharing. Several attendees are many years along in their grief and offer a helpful perspective on a variety of topics including anniversaries, birthdays, holidays, personal belongings, issues with family and friends and the ways their bereavement unfolded over time. Please call for more information.

Contact: David Hagan (508) 756-5119

Website: <https://whyme.org/sherrys-house/>

E-Mail: dhagan@whyme.org

Region: Central

GRASP: Grief Recovery After A Substance Passing

Fatal Overdose

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. GRASP offers Peer groups open to anyone who has lost a family member or loved one to fatal overdose at many locations across Massachusetts free of charge. Visit the website to find a location near you. Pre-registration is required for new attendees.

Contact: GRASP (302) 492-7717

Website: <http://grasphelp.org/community/meetings/united-states-chapters/massachusetts/>

E-Mail: administrator@grasphelp.org

Region: Statewide

Rick's Place Inc

For Children & Teens

Providing Support to Grieving Children and Their Families, Rick's Place children and teen support groups (ages 5-18) meet every other Tuesday evening at 6:30PM in Wilbraham. All group services are free of charge. A designated caregiver is required to attend with the child/teen. Groups are divided by age, with four separate groups meeting concurrently. In each group, facilitators include games, activities, and crafts to facilitate expression of feelings about grief and bereavement. Group participants are encouraged to commemorate and remember special people in their lives who have died. There is an intake process for joining the group and new members are welcomed in September and January. We have a new early childhood (3-5 yrs.) group that meets one time each month. Please call for more information or to schedule an intake appointment.

Contact: Diane Murray (413) 348-3120

Website: www.ricksplacema.org

E-Mail: Diane.ricksplace@gmail.com

Region: Western

Club STAR

Grieving Children/ families

This support group is for children (ages 5-18) who are grieving the loss of a parent or sibling. Share experiences, create projects, and more. Dinner and parking are provided. First Wednesday of the month (October-June) from 5:30-7:30 p.m. at Mass. General Hospital Yawkey Building, 55 Fruit Street, Boston. Call for details and to register.

Contact: Hillary D'Amato (617) 643-9276

Website: <http://www.mghpcs.org/socialservice/SupportGroups/Bereavement.asp>

E-Mail: mghclubstar@partners.org

Region: Boston

Hope Floats Healing and Wellness Center

Healing Groups Of All Kinds

This bereavement and educational center supports individuals and families who are grieving or facing other life challenges. Our mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being. Support services are free of charge and open to the community. We support people in a safe environment, where they are able to share and process their grief with others facing similar losses. Facilitators are trained volunteers who often have experienced a loss similar to the group members. Please call or visit the website for details. Registration is required for all support groups; no walk-ins, please.

Contact: Kathleen McAleer (781) 585-4221

Website: <http://www.hopefloatswellness.org/support-programs-services/support-groups/>

E-Mail: kmcaleer@jordanhospital.org

Region: Southeast

Blind / Vision Loss

Low Vision Support Group / Foxborough Council on Aging

Support group educates about vision loss, hosts guest speakers and shares coping strategies. Meets monthly at the Foxboro Senior Center. Newcomers are welcome. Call for dates and details.

Contact: Pamela McGuire (508) 543-1234

Website:

E-Mail: pmcguire@foxboroughma.gov

Region: Metrowest

Cancer

Why Me & Sherry's House Parent to Parent Support Group

Childhood Cancer

The Parent to Parent Support Group is a peer group that offers support and information for those who have a child with cancer—whether on treatment or who have completed treatment. Our monthly meetings inform families about different aspects of childhood cancer and enable parents to gain confidence by sharing their experiences with each other. More importantly, this group offers a safe environment for parents to openly discuss various medical and social issues related to childhood cancer. All support and services delivered completely free of charge to the whole family. Monthly meetings, please call for dates.

Contact: Danielle Sikonski (508) 757-7734

Website: <https://whyme.org/sherrys-house/>

E-Mail: dsikonski@whyme.org

Region: Central

Cancer Community Support (Online– Group Loop)

Teens

Group Loop is a safe (and fun!) online community where teens affected by cancer (a teen who is currently living with cancer, a survivor of cancer, or knows someone with cancer, such as a family member, friend or peer) can meet and connect with each other to build social and emotional support, and to regain a sense of control over their lives. Additionally, Group Loop provides educational information about cancer, and tools to cope with the anticipated changes in relationships and day-to-day activities due to a cancer diagnosis. Plus, it's free to use!

Contact: TOLL-FREE Cancer Support Helpline (888) 793-9355

Website: <https://www.cancersupportcommunity.org/group-loop>

E-Mail:

Region: National

Family Support

ARC of Opportunity Family Support Group

The Arc of Opportunity's Family Support Group gives families the opportunity to come together in a confidential and judgment-free environment to talk about their stories, experiences, goals, and challenges. Understanding that you are not on this journey alone is often comforting and allows for families to stay focused while finding strength in the supporting of each other.

Contact: Madeline Merchant (978) 343-6662 X 1011

Website: www.arcofopportunity.org/programs/family-supports

E-Mail: m.merchant@arcofopportunity.org

Region: Central

BAMSI Family Support Center

The Family Support Center offers information, support, advocacy and activities for children and adults living with developmental disabilities and their families. This comprehensive service links families with similar needs and concerns, identify individualized needs, brainstorm service options while working to connect persons served to appropriate resources. Conversation groups can include families of children with all disabilities, all ages, and all family members. Please call for more information.

Contact: Chrystal (781) 878-4074 X 12

Website: <https://www.bamsi.org/program/the-family-support-center/>

E-Mail: familysupportcenter@bamsi.org

Region: Southeast

Berkshire Children & Family Resource Center

Offers parent support and education groups and interactive play groups. Groups meet in Pittsfield. Call for more information and visit the online event calendar for complete list of a variety of activities.

Contact: Brett Westbrook (413) 422-5333 X 266

Website: <http://berkshirechildren.org/family-resource-center/>

E-Mail: info@bershirechildren.org

Region: Western

The Bridge Family Resource Center

The Bridge is a community-based, family-driven program supporting families and their children ages 0-18 years old. The Bridge is one of a network of eighteen Family Resource Centers across the Commonwealth. All services are free and available to any child or family. Offers Parent Support Groups, Educational classes including financial literacy Arts, Cultural, and Recreational activities--dance, yoga, and more! Specialized clinical supports for youth and their families Family Groups for learning and skill-building. Please call for more information.

Contact: (413) 549-0297

Website: <https://www.csoinc.org/>

E-Mail:

Region: Western

Union #28 Family Café Nights

Support group intended for families who have children with learning needs or extra challenges, opportunity to talk with other parents about how they handle things like community life, sibling relationships or family dynamics, MUST live in Erving, Leverett, New Salem, Shutesbury and Wendell. Please be in touch regarding current schedule. Group will be held at different schools in Erving School Union #28 throughout the year. Child care available but requires pre-registration

Contact: Gillian Budine (978) 544-5157

Website:

E-Mail: Budine@erving.com

Region: Western

Kennedy Donovan Center – Cape Cod Community Services

Kennedy-Donovan Center (KDC) Supports individuals with developmental delays, disabilities and family challenges to pursue their personal potential and success in the community. Offers Resource and Referral, Family Support Network, Parent : Parent Support, Medically Fragile Support Network CAST- Cape Advocates Standing Together (self-advocacy network), Recreational and Training Opportunities. Please call for more information.

Contact: Julianne Dillon –Outreach Coor (774) 352-1325

Website: www.kdc.org/services/family-support/

E-Mail: JDillon@kdc.org

Region: Southeast

The Arc Bristol County

Family Networking and Support Groups. Families coming together and supporting each other has always been fundamental to The Arc's services. The Arc hosts both a Dads' Night Out and a Moms' Support Group. Come join us for a relaxing evening while enjoying dinner and networking with other families who walk the walk. Please call for meeting location and details

Contact: Any (888) 343-3301

Website: www.arcnbc.org

E-Mail: info@arcnbc.org

Region: Southeast

Northeast ARC – DDS Family Resource Center

Developmental Disabilities

Hosts a variety of support groups and activities for families. These monthly support groups are for English- and Spanish-speaking parents of individuals with disabilities. Visit the website or Call to learn location, time and dates for meetings.

Contact: Aymee Lucifora (978) 624-2381

Website: <https://ne-arc.org/about-us/calendar/>

E-Mail: alucifora@ne-arc.org

Region: Northeast

New North Citizens' Council

Developmental Disabilities

New North is a one-stop family center that offers assistance to families who have a member with a developmental disability. Staff helps families with information and support through a network of human service agencies and community service providers. Support group meetings are held on the 1st and 3rd Wednesday monthly from 10AM-Noon at 11 Wilbraham Road, 2nd Floor, Springfield. All parents are welcome to join our support group, regardless of diagnosis of child.

Contact: Ruz Martir (413) 731-3100 X 100

Website: www.newnorthcc.org

E-Mail: rmartir@newnorthcc.org

Region: Western

Learn to Cope Support Group

Drug Addiction

Free peer family support group for adults living with the drug addiction of a loved one; meets monthly in Davenport Conference Room 102A, Salem Hospital. Contact us to learn details and to register.

Contact: Elizabeth Yourgrau

Website: <http://learn2cope.org/>

E-Mail: eyourgrau@partners.org

Region: Northeast

Jewish Family & Children's Services

Infants 0-1

Our FREE support groups provide safe and nurturing spaces for mothers and/or fathers with their babies (birth to one year) to give and receive support, ask questions, and begin building a parent community. Weekly Support Groups: Breastfeeding Support, Fragile Beginnings Phone Support, Multiples, Mothering After Mother Loss and much more. Since 1989, CERS groups and services have been empowering parents to find what works best for them and for their babies. Please visit the website for more information or call.

Contact: Jacqueline Caceres (781) 693-5022

Website: <http://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support/Support-Groups>

E-Mail:

Region: Statewide

Moms of Amazing Kids

Medical / Developmental

Moms of Amazing Kids is focused on moms who are raising children with medical, developmental, and other special needs. Moms of Amazing Kids provides the opportunity to connect with other moms who "get it", while having a little fun too. We host monthly dinners, classes, workshops, and more and have support groups for moms as well as spouses and relatives. We also organize sensory-friendly and inclusive playdates offering a wonderful, safe, and judgment-free way to have fun with your kids. Our active Facebook group provides an opportunity for moms to share resources, recommendations, and to talk about the joys and challenges of raising a child with special needs. Check our website for more information.

Contact: Sabrina Picariello

Website: www.momsofamazingkids.org

E-Mail: makmetrowest@gmail.com

Region: Metrowest

Residential Support Group

Transition to Adulthood

Parents of children in a residential placement come together to discuss issues and provide support for one another. This group meets quarterly on Tuesday evenings. Call for dates and more information.

Contact: Nancy Borr (781) 762-4001 X 412

Website: <http://www.arcsouthnorfolk.org/support-groups1.html>

E-Mail: nborr@arcsouthnorfolk.org

Region: Metrowest

Teenage Transition Support Group

Transition to Adulthood

Parents of Individuals with Developmental Disabilities and/or ASD meet with other parents to informally share experiences & information regarding the issues you may face during the teenage years (ages 13 to 18). Held the second Thursday of each month from 10:00am-12:00pm. Please visit the website, call or e-mail.

Contact: Tessa Cannata (781) 762-4001 X 303

Website: <http://www.arcsouthnorfolk.org/support-groups/>

E-Mail: tcannata@arcsouthnorfolk.org

Region: Metrowest

Fathers

Autism Alliance – Fathers Support Group

Autism

"Just for Dad" group meets the first Thursday of each month from 7pm – 8:30pm. This program meets at the Morse Institute Library in Natick and is a drop in group, no registration necessary. Please check the website to confirm dates and times.

Contact: Autism Alliance (508) 652-9900

Website: www.autismalliance.org

E-Mail: AutismAlliance@Advocates.org

Region: Metrowest

Dads of Children / Autism and Related Developmental Needs

Autism

Meets to connect, learn information, and provide mutual support around issues unique to Fathers. The group meets monthly on a Tuesday evening at the Arc of South Norfolk, Lifeworks End Conference Room, Norwood (no meetings in July or August). Facilitator: Jerry Jacobs, LICSW.

Contact: John Kelly (617) 868-4858 X 206

Website: <http://www.arcsouthnorfolk.org/support-groups/>

E-Mail: <http://www.arcsouthnorfolk.org/support-groups1.html>

Region: Metrowest

D.A.D.S (Dads Appreciating Down Syndrome)

Down Syndrome

Dads Appreciating Down Syndrome, or D.A.D.S., is an organization of fathers of children who have Down syndrome. We hesitate to call our self a "support group," even though we do, in many ways, support each other. We prefer to think of D.A.D.S. as an "action group." Please visit our website for meeting times and locations.

Contact: Jeff Roback (339) 788-1460

Website: <http://www.dadsmass.org/home>

E-Mail:

Region: Statewide

Genetic Diagnosis:

Chromosome 22 Central

Chromosome 22 Disorders

Chromosome 22 Central is a parent run support organization. They started in 1997 with just a handful of families who had children with what is now known as Emanuel Syndrome, and now supports over 2000 families in all corners of the world, who have many different chromosome 22 disorders. The group provides information, message board, chat room, and listserv, as well as information about the biannual national conference.

Contact: Murney Rinholm (919) 567-8167

Website: www.c22c.org

E-Mail: murney.rinholm@c22c.org

Region: National

Juvenile Diabetes Research Foundation Networking Group

Diabetes

Groups meet monthly to discuss a variety of topics. Please call for dates, times and locations. Also hosts periodic coffee hours (September to June) in various locations. Call to be added to the mailing list for the schedule for upcoming events.

Contact: Lauren Shields (781) 431-0700

Website: <http://www.jdrf.org>

E-Mail: newengland@jdrf.org

Region: Statewide

Berkshire County ARC

Down Syndrome

The Berkshire County Arc Down Syndrome Family Group is comprised of over 40 families throughout Berkshire County, working to advocate for and educate the public about Down syndrome and people with disabilities. Members of the group offer support to one another through natural bonds, formed from having a child with Down syndrome, and also by helping families to access supports through local and state agencies, hosting an annual Buddy Walk of the Berkshires, sponsoring speakers on all areas of Down syndrome, and by socializing at fun family events!

Contact: Chris Ferrari (413) 464-7262

Website: www.bcarc.org/

E-Mail: cferrari@bcarc.org

Region: Western

Down Syndrome Group

Down Syndrome

Down syndrome Group: Monthly meetings are held at the Seven Hills Family Support Center, Fitchburg. Join us for special topics each month relating to the diagnosis of Down Syndrome. All ages are welcome.

Contact: Kathy Black (978) 602-8697

Website: www.sevenhills.org

E-Mail: kblack@sevenhills.org

Region: Central

Massachusetts Down Syndrome Congress (MDSC)

Down Syndrome

MDSC works to enhance the lives of individuals with Down syndrome through the education and support of people with Down syndrome, their families, friends, teachers, and the community as a whole. Call or visit our website for more information.

Contact: MDSC (781) 221-0024

Website: <https://mdsc.org/>

E-Mail: mdsc@mdsc.org

Region: Statewide

North Quabbin Up Syndrome Social Group

Down Syndrome

Families of all ages with Down Syndrome and expectant families are warmly invited to join us for an informal get together. Caregivers, Grandparents, & Siblings are all welcome. Second Wednesday of each Month, 5pm - 7pm

Contact: Karon Parker (978) 871-5020

Website:

E-Mail: parkerkaron361@gmail.com

Region: Western

Boston Children's Hospital Down Syndrome Program

Down Syndrome and Complex Medical

A supportive group to share individual experiences, make social connections, and increase awareness and knowledge of issues. Meetings are held quarterly on Saturday mornings at Children's Hospital, 9 Hope Avenue, Waltham. Refreshments, free parking, and childcare provided.

Contact: Angela Lombardo (857) 218-4329

Website: <http://www.childrenshospital.org/centers-and-services/down-syndrome-program>

E-Mail: angela.lombardo@childrens.harvard.edu

Region: Metrowest

Eastern Mass. Fragile X LINKS Group

Fragile X

Fragile X LINKS Group hosts social and educational events, Parent Nights Out, and occasional conferences, as well as summer family get-togethers. Contact us to learn more.

Contact: Eric Welin (617) 858-0392

Website: www.fragilexma.org

E-Mail: eric@fragilexma.org

Region: Statewide

Prader-Willi Syndrome Association of New England

Prader Willi Syndrome

Prader-Willi Syndrome Association of New England: Provides information and support, quarterly parent support groups, family recreation events, conferences every other year, parent to parent support, and informational newsletter. Call for details.

Contact: Mary Raymond (978) 207-1185

Website: <https://pwsane.org/>

E-Mail: murphyno7@aol.com

Region: Statewide

Rett Syndrome Association of Massachusetts

Rett Syndrome

The Rett Syndrome Association hosts events, support groups and programs available throughout the year. Please check the website for upcoming events or call for more information. Group typically meets on the 1st Thursday of the month at ARC of Massachusetts, Waltham.

Contact: Irene Gladstone (781) 444-8164

Website: <https://www.rettsyndromemass.org/>

E-Mail:

Region: Statewide

Sanfilippo Mothers Group

Sanfilippo Syndrome

Meetings occur bi-monthly. Call for details about meeting format and location. All families are welcome.

Contact: Mary-Frances Garber, MS, CG (781) 366-5300

Website: <https://www.listeningreflectinghealing.com/>

E-Mail: mfgcgc@yahoo.com

Region: Statewide

Greater Boston Sickle Cell Disease Assn.

Sickle Cell Disease

Family Support Group meets periodically at the SCDA office, 1803 Dorchester Avenue, 2nd Floor, Dorchester. Call for schedule and supports. Please call for details and register

Contact: (617) 825-4595

Website: www.gbscda.org

E-Mail:

Region: Boston

Russell Silver Syndrome

Small for Gestational Age

Offers online support for families of kids affected with Russell Silver Syndrome. Go to Yahoo, click on groups and search for "rss-support," and follow the instructions to join. RSS-Support-subscribe@yahoogroups.com

Contact: The Magic Foundation (800) 362-4423

Website: www.magicfoundation.org

E-Mail: contactus@magicfoundation.org

Region: National

Spina Bifida Association of Greater New England

Spina Bifida

The Spina Bifida Association serves individuals living with Spina Bifida along with their families and caregivers located in MA, NH, VT, and ME. Programs and services have included Education Days, Financial Benefits, Social Events, Get Active, and Outreach with newsletters social media. Call for support and to learn about upcoming activities.

Contact: Spina Bifida Association (888) 479-1900

Website: <http://sbagreaterne.org/>

E-Mail:

Region: Statewide

Tuberous Sclerosis Alliance of New England

Tuberous Sclerosis

Offers resources and referrals to help individuals living with Tuberous Sclerosis and their families. The TS Alliance of New England is a group of TSC individuals, families, healthcare providers, board members, and volunteers. This group is led by volunteer leadership dedicated to furthering the mission of the TS Alliance in their local state(s) or region by dedicating themselves to finding a cure for TSC and improving the lives of those affected. Call for details.

Contact: Allyson D'Amario (617) 512-2139

Website: <http://www.tsalliance.org/community-alliance/newengland/>

E-Mail: Allyson.damario@gmail.com

Region: National

Turner Syndrome Society of The United States

Turner Syndrome

The Massachusetts Resource Group creates awareness and offers support and information to all those touched by TS. For more information about this group please e-mail us or visit the website.

Contact: Deborah Rios (800) 365-9944

Website: <http://www.turnersyndrome.org/>

E-Mail: deborah@turnersyndrome.org

Region: National

Grandparenting

Grandparents Helping Grandparents – Hyannis

Grandparents Helping Grandparents– HYANNIS meets at the Cape Cod Family Resource Center the third Wednesday of each month, Please call for details.

Contact: Any one (508) 815-5100

Website: <http://capecodfamilyresourcecenter.org/>

E-Mail:

Region: Southeast

Grandparents Raising Grandchildren – Worcester

A support group for grandparents raising their grandchildren with an emphasis on helping caregivers connect to community resources. Meets at South Bay Early Childhood Center 548 Park Ave., Worcester.

Contact: Anne Bureau (508) 796-1411 X 418

Website: www.worcestercommunityconnections.org

E-Mail: ABureau@worcester.ccc.org

Region: Central

Grandparents Raising Grandchildren Support Group

Elder Services of Worcester Area, Inc.

Meets at: The YWCA 1 Salem Square, Worcester, MA

Regular meetings provide a forum to share information and discuss issues and concerns with other grandparents who understand what you're going through.. The group also brings in expert speakers on a variety of issues. Free Childcare is provided.

Contact: Debbie Dowd-Foley (508) 756-1545 X 390

Website: <https://eswa.org/grandparents-raising-grandchildren/>

E-Mail: ddfoley@eswa.org

Region: Central

Grandparents' Support Group

We invite you to join this very special group to discuss your experiences, share information, resources and hear invited speakers. This group meets monthly on Thursday mornings at The Arc of South Norfolk, 789 Clapboard tree Street, Westwood.

Contact: Lucy Erhard (508) 543-7057

Website: <http://www.arcsouthnorfolk.org/support-groups>

E-Mail: laerhard@comcast.net

Region: Metrowest

Grandparents Raising Grandchildren

Support groups are a great way to meet a group of people with common experiences or concerns who can provide support, compassion, comfort and understanding, encouragement, and advice to each other. If you are a grandparent raising grandchildren, please consider joining a support group as soon as possible. Visit our website to click on the link to find a support group in your community.

Contact: Colleen Pritoni (617) 748-2454

Website: <http://www.massgrg.com/web/resource-support.html>

E-Mail: colleen.pritoni@state.ma.us

Region: Statewide

LGBTQ Community

Rainbow Support Group of Western MA

This group provides support and info to individuals with intellectual challenges who identify as gay, lesbian, bisexual, transgender or those who are questioning. Please call for meeting times and more information.

Contact: Tammy Nothe-Hebert (413) 536-2401 X 3036

Website: <http://wmtcinfo.org/>

E-Mail:

Region: Western

Medical Diagnosis:

Spaulding Rehabilitation Hospital

Offers many different support groups on a weekly or monthly basis in the following areas:

Amputee , Brain Injury Groups, Cognitive, Pain Groups Pastoral Support, Pediatric Family Time. Please Visit website to learn more about specific group information.

Contact: Patient Family Resource Cente (617) 952-5159

Website: spauldingrehab.org/patient-and-visitor-info/support-groups

E-Mail: www.spauldingrehab.org/events/supportgroupevents

Region: Boston

Boston Acquired Brain Injury Support Group (BABIS):

Acquired Brain Injury

Support group provides socialization and education for people with acquired brain injury, their friends and family. Usually meets on the 1st Saturday of each month from 10 am to Noon at the Spaulding Rehabilitation Hospital, 300 First Avenue, Charlestown Navy Yard in Conference Rooms A and B on the first floor. If the first Saturday falls on a holiday weekend, the BABIS Support Group will meet on the second Saturday. Family & affected individuals are invited. There is also a Family/Caregiver support group which meets at the same time, starting around 10:45-noon, facilitated by a Social Worker. Check the website to confirm the details.

Contact: BABIS (617) 952-6254

Website: <http://spauldingrehab.org/patient-and-visitor-info/support-groups>

E-Mail: babisgroup@hotmail.com

Region: Statewide

Arthrogryposis Multiplex Congenita Support, Inc. (AMCSI)

Arthrogryposis Multiplex Congenita

This national organization connects through an Online Support Group and Facebook. The mission is to provide and encourage more understanding and mutual support among anyone affected with the diagnosis of Arthrogryposis Multiplex Congenita (AMC). Supported annual conferences, meetings, and studies help to create a higher standard of AMC awareness in the community.

Contact: AMCSI (805) 552-6274

Website: www.amcsupport.org

E-Mail: bod@amcsupport.org

Region: National

Beckwith-Wiedemann Children's Foundation Int'l

Beckwith-Wiedemann Syndrome

YOU ARE NOT ALONE: Finding reliable information and resources on BWS can be challenging. We can help by providing families with valuable information through conferences, peer support, parent forums, informational videos, and the internet. Visit the website for more information.

Contact: Jennifer M. Kalish, MD PhD

Website: <http://www.beckwithwiedemann.org>

E-Mail: BWS@chop.edu

Region: National

United Brachial Plexus Network (UBPN)

Brachial Plexus

The United Brachial Plexus Network strives to inform, support, and unite families and those concerned with brachial plexus injuries, its treatment and prevention worldwide. Provides online forums, resources and Facebook discussion groups.

Contact: UBPN (781) 315-6161

Website: <http://www.ubpn.org/>

E-Mail:

Region: Statewide

Brain Injury Association of MA / Lunenburg North Central

Brain Injury

BIA-MA sponsors support groups across the state that provide survivors and their loved ones a forum for sharing information about brain injury as well as a compassionate and understanding peer group and an opportunity to socialize and make new friends with others through recreational activities and outings. Meets at the Lunenburg Public Library.

Contact: Pat Read (978) 660-5187

Website: www.biama.org

E-Mail: pjr1071@aol.com

Region: Central

Brain Injury Association

Brain Injury

More than 50 monthly support groups are available across the state for people with brain injury, family, and interested community members, ages 16 and above. Sites are located across the state. In addition, speakers, social-recreational activities, and related events are part of the group's community outreach. Regional offices are in East Wareham (508-743-0333) and Pittsfield (413-443-0200). Call BIAMA or visit the website to find a group or activity near you.

Contact: Brain Injury Association (800) 242-0030

Website: <http://www.biama.org/groups.html>

E-Mail: biama@biama.org

Region: Statewide

Brain Injury Association of MA / Worcester Fairlawn

Brain Injury

BIA-MA sponsors support groups across the state that provide survivors and their loved ones a forum for sharing information about brain injury as well as a compassionate and understanding peer group and an opportunity to socialize and make new friends with others through recreational activities and outings. Meets at Fairlawn Rehabilitation Hospital, 189 May St., Worcester, MA 01602

Contact: Megan Lyons (508) 612-9662

Website: www.biama.org

E-Mail:

Region: Central

Brain Injury Association of MA / Worcester Family & Survivor

Brain Injury

BIA-MA sponsors support groups across the state that provide survivors and their loved ones a forum for sharing information about brain injury as well as a compassionate and understanding peer group and an opportunity to socialize and make new friends with others through recreational activities and outings.

Meets at the First Baptist Church (Corner of Park St & Salisbury St.)

Contact: Liz Harnois (508) 475-0032

Website: www.biama.org

E-Mail:

Region: Central

Brain Insury Association of MA/ MILFORD

Brain Injury

BIA-MA sponsors support groups across the state that provide survivors and their loved ones a forum for sharing information about brain injury as well as a compassionate and understanding peer group and an opportunity to socialize and make new friends with others through recreational activities and outings.

Meets at the Milford Regional Medical Center.

Contact: Denise Simoneau (508) 422-2559

Website: www.biama.org

E-Mail: dsimoneau@milreg.org

Region: Central

Little Hearts, Inc

Cardiac Conditions

Little Hearts, Inc. is a national organization providing support, education, resources, networking, and hope to families affected by congenital heart defects. Offers resources, support groups, Parent to Parent matches, Facebook Discussion Group and more. Visit the website or call for more information.

Contact: Lenore Cameron (866) 436-4675

Website: www.littlehearts.net

E-Mail:

Region: National

Crohn's and Colitis Foundation Parent Support Groups

Crohn's Disease and Colitis

Crohn's and colitis support group meetings are often intimate gatherings where patients and their loved ones can share their stories, seek emotional support, find answers to their questions, and connect with a community who share their challenges. In addition to these focused sessions, support groups often organize informal, social events like picnics and luncheons, community volunteer days, informational workshops, family outings, and attend gala events. Visit the Website to find a Locale group near you.

Online support group is also available: <https://www.ccfacommunity.org/crohns-colitis-forum>

Contact: Melissa Murphy (781) 449-0324

Website: <http://www.crohnscolitisfoundation.org/living-with-crohns-colitis/find-a-support-group/>

E-Mail: mmurphy@ccfa.org

Region: National

Down Syndrome Resource Group of Western MA

Down Syndrome

New Parent Support Group, bimonthly meetings for newer families of children with Down's Syndrome, siblings, grandparents are welcome to attend, toys, playground and snacks, every other month on the 2nd or 3rd Saturday from 10:00-12:00 Jericho, 537 Northampton Street, Holyoke, MA, Please visit the website or call for an up to date calendar of all upcoming events.

Contact: Launa Kazeriod (888) 706-1670

Website: www.downsyndromewm.org

E-Mail: downsyndromewm@yahoo.com

Region: Western

Eosinophilic Gastrointestinal Disorders Support Group

Eosinophilic Gastrointestinal Disorders

Parent support and opportunities to meet and share for young adults and adults affected by EGID. Educational speakers arranged for monthly meetings, held on Monday evenings at Children's Hospital Lexington, 482 Bedford Street. Contact us for meeting details and RSVP.

Contact: Dianna Queheillalt

Website: www.EGIDBoston.org

E-Mail: dianna@EGIDBoston.org

Region: Statewide

Epilepsy Foundation New England

Epilepsy

The Epilepsy Foundation hosts a variety of support groups throughout Massachusetts. Self Care For The Caregiver, Peer Support, Adult Group, IEP, 504s, Special Education and more. The meetings are the 1st and 3rd Saturdays of the month and alternate from central mass and western mass. Be sure to ask about their SUMMER CAMPS. To find the perfect group for you call for more details or visit the website for information and resources.

Contact: Epilepsy Foundation (617) 506-6041 X 109

Website: <https://epilepsynewengland.org/programs/resource-and-support-center/support-group>

E-Mail: support@epilepsynewengland.org

Region: Statewide

Graves Disease and Thyroid Foundation

Graves Disease and Thyroid

This national online support group and Bulletin Board provides education and support for patients, family members, caregivers, friends and healthcare professionals. Join our community.

Contact: GDATAF (877) 643-2123

Website: www.gdatf.org

E-Mail: info@ngdf.org

Region: National

Boston Floating / Hematology & Oncology Parent Support

Hematology and Oncology

Support for parents of children of all ages who are patients of Boston Floating Hospital for Children. Call for meeting dates and specific locations at Boston Floating Hospital for Children, Department of Hematology and Oncology, 750 Washington Street, Boston.

Contact: Carol Farwell or Jeane Hampto (617) 636-5535

Website:

E-Mail:

Region: Statewide

Hydrocephalus Association Boston Community Network

Hydrocephalus

Our local support group provides support, education, and empowerment through community for individuals and families impacted by hydrocephalus. Meetings are typically held at Boston Children's Hospital, 9 Hope Avenue, Waltham. Call for details and visit the website. Teams of HA Volunteers and staff are ready to answer your questions and listen to your concerns either by phone or email.

Contact: Jennifer Miles or Sue Wiegers (888) 598-3789

Website: <http://www.hydroassoc.org/communities/hydrocephalus-connect/>

E-Mail: BostonCommunity@hydroassoc.org

Region: Boston

Leukemia/Lymphoma Society Family Support Group

Leukemia/Lymphoma

The Leukemia & Lymphoma Society (LLS) Family Support Groups program gives patients and their families a place to go where they can share information, education and feelings in a comfortable and caring environment. Please visit the website or call for details.

Contact: Lynne Morin (508) 810-1308

Website: <https://www.lls.org/massachusetts>

E-Mail:

Region: Statewide

Helping Hands Foundation

Limb Differences

This national support group is made up of parents who have children with upper limb differences and are concerned with the challenges facing their child and family. Family gatherings take place four times a year (2 on the East Coast, 2 on the West Coast). Check the website for details or please email.

Contact: Helping Hands Foundation

Website: www.helpinghandsgroup.org

E-Mail: info@helpinghandsgroup.org

Region: National

Greater Boston Metro West Lyme Disease Support Group

Lyme Disease

A part of The Lyme Disease Network, a nonprofit foundation dedicated to public education of the prevention and treatment of Lyme disease and other tick-borne illnesses. Meetings are held monthly at the Concord Free Public Library, 129 Main Street, Concord, MA 01742. Call or email for dates and details.

Contact: Fred Cheslek II (571) 439-6578

Website: <http://www.lymenet.org/SupportGroups/UnitedStates/Massachusetts/Concord.shtml>

E-Mail: info@masslymesupportgroup.com

Region: Metrowest

Lyme Awareness of Cape Cod

Lyme Disease

Hosts multiple support groups for those affected by Lyme Disease. Please visit the website or call for more information.

Contact: Lyme Awareness (508) 477-7896

Website: www.lymeticks.org

E-Mail: LymeAwarenessCC@gmail.com

Region: Southeast

MitoAction

Mitochondrial Disease

MitoAction is a nonprofit organization founded by patients, parents, and Boston hospital healthcare leaders who had a vision of improving quality of life for children and adults with mitochondrial disease. The mission remains the same: to make a measurable impact in the lives of those who are affected by mitochondrial disease.

MitoAction hosts weekly support groups for the mitochondrial disease community. Phone support groups include sessions specific to newly diagnosed patients; parents; and adult patients and spouses. MitoAction also offers quarterly Autism and Mito calls. Please call or visit the website for details.

Contact: MitoAction (888) 648-6228

Website: <http://www.mitoaction.org/calendar-0>

E-Mail:

Region: Statewide

Muscular Dystrophy Association (MDA)

Muscular Dystrophy

Muscular Dystrophy Parent Support Group: New groups are currently being formed through the efforts of the MDA Office, 33 Lyman Street, Westborough. Call for more information or visit the website

Contact: MDA (508) 898-3375

Website: www.mda.org/office/massachusetts

E-Mail: worchester@mdausa.org

Region: National

Massachusetts Support Group for Osteogenesis Imperfecta

Osteogenesis Imperfecta

The support group meets periodically in Carver and hosts annual events. Call for more information.

Contact: Cheryl Manduca (508) 292-0562

Website: http://www.oif.org/site/PageServer?pagename=SN_FindGroup

E-Mail: crmanduca@yahoo.com

Region: Southeast

This Isn't What I Expected Postpartum Adjustment Group

Postpartum Depression

Meets on Thursday afternoons at Jewish Family & Children's Services, 1430 Main Street, Waltham. Sponsored by The Center for Early Relationship Support, JFCS. Call for specific times and directions.

Contact: Debbie Whitehall (781) 647-5327 X 1925

Website:

E-Mail: dwhitehill@jfcsboston.org

Region: Metrowest

Fragile Beginnings – Center for Early Relationship Support

Prematurity

This telephone support group for parents whose babies have spent time in the NICU provides an opportunity to connect with other parents who have shared similar experiences and concerns. Share your story, Support others and be supported, Exchange information, ideas, and strategies. Nurture yourself as you make meaning of this unexpected journey. This group, facilitated by a Fragile Beginnings Clinician meets weekly and parents are invited to register for one month at a time. By participating for a full month, parents are given the opportunity to get to know one another. The group is offered at no charge to participants. RSVP: Please send an email to fragilebeginnings@jfcsboston.org with your name, phone number, zip code and name and age of your child.

Contact: Wendy Hurwitz (781) 693-5623

Website: <http://www.jfcsboston.org/Our-Services/Center-for-Early-Relationship-Support>

E-Mail: whurwitz@jfcsboston.org

Region: Statewide

Apraxia Kids

Speech and Language

Online Support group for Boston/New England area families of children with oral & verbal apraxia. There are also in person support groups for the Boston and Western MA areas. Please visit this site for meeting notices. For a more active listserv please check out the Apraxia Kids site at: <http://www.apraxia-kids.org>
There is now a CAS Boston area Facebook group as well which can be found at:
<http://www.facebook.com/groups/CASBoston/>

Contact: Apraxia Kids (412) 785-7072

Website: http://groups.yahoo.com/group/NE_Apraxia

E-Mail: info@apraxia-kids.org

Region: Southeast

Spinal Cord Injury Support Groups

Spinal Cord Injury

Provides a supportive environment for individuals who have experienced a spinal cord injury. Family members and friends are welcome. Monthly meetings are held in Boston, Springfield, and Pittsfield. Visit the website for all details.

Contact: Michelle Heath (781) 348-2250

Website: <https://www.spinalcord.com/sci-support-groups/massachusetts>

E-Mail: mheath@5sgc.com

Region: Statewide

United Spinal Association Chapter of Greater Boston

Spinal Cord Injury

Offers weekly support groups for anyone affected by SCI (Spinal Cord Injury), discussion about everything involving life with spinal cord injury from a family, friend, or caregivers point of view. The support system for the patient is often overlooked and this groups mission is to provide a comfortable safe atmosphere to speak your mind and to gather resources during this difficult time.. Meets on Thursdays afternoons at Spaulding Rehabilitation Hospital, 300 First Avenue, 6th Floor, Charlestown in The Lantern Room. Call for times and directions.

Contact: SCI Boston (617) 952-5643

Website: <http://sciboston.com>

E-Mail: sciboston@aol.com

Region: Boston

Infant and Pediatric Stroke Support of Western MA

Stroke

Has your child been diagnosed with stroke, hemiplegic cerebral palsy or hemiplegia? You are not alone. The Infant and Pediatric Stroke Support of Western MA is a local support group for parents whose children have been diagnosed with stroke, hemiplegic cerebral palsy or hemiplegia. The group meets every other month and has a private Facebook page for families to connect, share stories and ask questions. For more information E-mail or call for meeting times and location.

Contact: Eliza (413) 567-2909

Website: www.chasa.org

E-Mail: childhoodstrokeawareness@gmail.com

Region: Western

Stroke Support Group

Stroke

Support group provides socialization and education for stroke survivors, meeting monthly on Wednesday afternoons at Spaulding Rehab Hospital, 200 First Avenue, Charlestown Navy Yard. Call for specific dates and details.

Contact: Karen Alfon (617) 573-7143

Website:

E-Mail: khalfon@partners.org

Region: Statewide

Boston Chapter National Stuttering Association

Stuttering

Families (ages 7-18) – Activity-based meetings are held monthly. Additional events with the NSA Boston Adult Chapter are held quarterly. For more information or to RSVP, Please contact Chapter Leaders Liz Gomez & Sarah Onofri at BostonStutters@gmail.com or visit the Boston Family NSA website.

Contact: Liz Gomez

Website: <http://www.nsachapters.org/boston/>

E-Mail: bostonstutters@gmail.com

Region: Boston

Multi-lingual Groups

Latino Support group at Worcester Community Connections

Self-Care Latino Support Group—Spanish –at WCFRC, 4th Floor – Suite 450, Worcester WEEKLY, Must be pre-registered to attend. For parents – run by parents. Come together to share and get support from other parents. Weekly attendance is optional, come when you can. Refreshments and supervision of children is provided.

Contact: Anne Bureau (508) 796-1411 X 418

Website: <http://www.worcestercommunityconnections.org/>

E-Mail:

Region: Central

Boston Family Support Group

Cantonese Mandarin – Parenting

Meets on the monthly on Friday evenings in Chinatown, Boston. Childcare services and a light dinner are provided. Group coordinator: Dr. Lusa Lo. For childcare arrangements, please contact Susan Ou.

Contact: Susan Ou (617) 236-7210 X 358

Website: <http://fcsn.org>

E-Mail: susanou@fcsn.org

Region: Boston

The Arc Brockton Area

Cape Verdean

Periodically throughout the year, parents meet for information and support. Learn about resources available to your family, and find help to access them.

Periodicamente ao longo do ano, os pais encontram para informação e apoio. Saiba mais sobre os recursos disponíveis para a sua família, e encontrar apoio para acessá-los.

Contact: Maria DaSilva (508) 583-8030 X 223

Website: <http://www.brocktonareaarc.org/services/family-support-center>

E-Mail: mdasilva@brocktonarc.net

Region: Southeast

Family Nurturing Center

Cape Verdean Creole – Parenting

The parents' group is conducted in Cape Verdean Creole. The children's groups are in English, but there are CV Creole speakers in each group. During Family Nurturing Time, everyone plays and sings in both languages

Contact: Sue Parker (617) 474-1143 X 236

Website: www.familynurturing.org

E-Mail: sparker@familynurturing.org

Region: Boston

Epilepsy Foundation New England

Epilepsy

Share Groups and Caregiver Support Groups available as well as training opportunities and educational programs. Offers 24 Hour Help Line (800) 332-1000 / Spanish 866-748-8008 Call or visit website for more information.

Contact: Joy Buzzell (617) 506-6041 X 109

Website: epilepsynewengland.org/programs/resource-and-support-center/educational-programs

E-Mail: jbuzzell@epilepsynewengland.org

Region: Statewide

The Arc Brockton Area

Haitian

Avez-vous une personne handicapée mentale dans votre famille ? Voulez-vous avoir des informations qui peuvent vous aider avec votre enfant ? Aimerez-vous de parler avec d'autres parents qui ont des enfants avec des déficiences physiques ou mentales? S'il vous plaît, voulez-vous nous rejoindre chaque troisième dimanche du mois @5pm et rencontrer d'autres parents pour partager des expériences et y trouver de supports? Brockton Area Arc, 1250 West Chestnut St.

Contact: Eleonor Jean-Pierre (508) 583-8030 X 311

Website: <http://www.brocktonareaarc.org/services/family-support-center-support-groups>

E-Mail:

Region: Southeast

HAPHI Family Support Group

Haitian – Developmental Disabilities

HAPHI families meet the last Sunday of the month in Mattapan. Call for details. Please note: Department of Developmental Services Referral needed.

Contact: Dr. Renald Raphael (617) 298-8076

Website: www.HAPHI.org

E-Mail:

Region: Boston

Latina Mothers Support Group

Latina – Special Needs Parenting

Support Group for Portuguese– and Spanish–speaking meets on Friday mornings at St. Anthony’s Church, 43 Holton Street, Allston. Call for times and details.

Contact: Jacqueline Caceres (781) 693–5022

Website: [Parents of Newborns or Early Relationship Support Groups](#)

E-Mail:

Region: Boston

Northeast ARC – Autism Support Center

Mandarin – Autism Spectrum

Northeast Arc offers information & support for people with autism. Supports parent/professional network, parent support groups, Spanish–speaking support groups, and Sibshops. Call for additional information on activities and workshops (time and location).

Contact: Autism Support Center (978) 777–9135

Website: <https://ne-arc.org/services/autism-services/autism-support-center/>

E-Mail: asc@ne-arc.org

Region: Metrowest

Watertown Family Network Parents Group

Mandarin, Spanish – Playgroups

Offers a variety of family activities including Multi–age, drop in groups. Playgroups allows those who speak other Languages the opportunity to not only expose their children to age appropriate play but to also strengthen the knowledge of their culture. Please call or visit the website for details.

Contact: Watertown Family Network (617) 926–1661

Website: <https://sites.google.com/a/watertown.k12.ma.us/wfn/>

E-Mail: watertownfamilynetwork@gmail.com

Region: Metrowest

Autism Alliance

Portuguese – Autism

This support groups is for Portuguese speaking parents and meets in Natick on the last Monday of the month from 6:30pm – 8:30pm, new families welcome. Please call for more information or visit our website.

Contact: Autism Alliance (508) 652–9900

Website: www.autismalliance.org

E-Mail: AutismAlliance@Advocates.org

Region: Metrowest

Federation for Children with Special Needs

Portuguese – Special Needs Parenting

Todas as Necessidades Especiais (Support Group for Portuguese–Speaking Individuals / Grupode Apoio às Pessoas que Falam Português): Reunioes mensais. Telfonar para saber os dias: Federação para Crianças com Necessidades Especiais, The Schrafft Center, 529 Main Street, Suite 1M7, Boston. (Monthly meetings; call for schedule.)

Contact: Ruth Diaz (617) 236–7210 X 305

Website: www.fcsn.org

E-Mail: rdiaz@fcsn.org

Region: Boston

The Arc Brockton Area

Spanish

Nos reunimos cada dos meses para aprender acerca de los recursos, compartir apoyo y escuchar las presentaciones de los expertos en discapacidad en español. Para obtener más información, por favor llama

Contact: Kathy Kerwin (508) 583-8030 X 224

Website: <http://www.brocktonareaarc.org/services/family-support-center>

E-Mail: kkerwin@brocktonarc.net

Region: Southeast

Boston Children's Hospital Peabody

Spanish – Autism Caregivers

Join us for a monthly support group for caregivers raising a child with Autism Spectrum Disorder. Our group offers a chance to connect with other caregivers, a space to share your concerns and information about strategies and resources. This group is in Spanish and is intended for Spanish speaking caregivers. Contact Katy to learn details of meeting times and location.

Contact: Katy Schweers (617) 919-6392

Website:

E-Mail:

Region: Northeast

PPAL Worcester Hispanic Family Support Group

Spanish – Behavior Concerns

A support group for Hispanic families of children or youth with emotional, behavioral and mental health needs. Primarily Spanish, but all are welcome. RSVP at parentsupportgroup@ppal.net Meetings are held at CENTRO 11 Sycamore St Worcester

Contact: Ana Marchan (508) 767-9725

Website: www.ppal.net

E-Mail: amarchan@ppal.net

Region: Central

The Nemasket Group – Family Connections Hispanic Family

Spanish – Developmental Disabilities

This support groups for Hispanic family members of individuals with developmental disabilities meetings are generally held at the Nemasket Group, 109 Fairhaven Rd. Mattapoisett, Ma. Please call for day and times.

Contact: Jorge Pagan (508) 999-4436

Website: <http://nemasketgroup.org/family-support/>

E-Mail: info@NemasketGroup.org

Region: Southeast

Hispany group of Down SYndrome (FLUPESD)

Spanish – Down Syndrome

Boston, Hispany group of Down Syndrome FLUPESD (Latino Families United in the Down Syndrome/ Familias Latinas Unidas por el indrome de Down). This group was formed to support parents in their native language and to help procure adequate and proper education, vocational training and life skills. The group has cultural and entertainment activities, including a folklore dance troop, and disability workshops. Parents can also share their own experiences and thoughts in dealing as parents of children with special needs, in a support group where mutual sharing of information and assistance takes place. Please call for more inforamtion.
www.mdsc.org/support group

Contact: Patria Espinal (617) 953-6589

Website: www.mdsc.org

E-Mail:

Region: Boston

Waltham Latina Mothers Support Group

Spanish – Parenting

Meets on Tuesday mornings at Temple Beth Israel, 25 Harvard Street, Waltham. Call for specific times and directions.

Contact: Jacqueline Caceres (781) 693-5022

Website: ifcsboston.com

E-Mail:

Region: Metrowest

Parenting

Bay Cove Human Services

Bay Cove's Parent Support Program facilitates parent support groups at a variety of locations within the Metro Boston area. Parent support groups are held in both English and Spanish and are open to all parents in the Parent Support Program. Childcare and light refreshments are available for most support groups. Please visit the website for details or call.

Contact: Candace, Program Director (617) 371-3000

Website: <https://www.baycove.org/bcexternal/index.cfm?objectID=E7073364-738C-11E1-96652B82C2BEA7A6>

E-Mail:

Region: Boston

Eliizabeth Stone House Moms Groups

Three Moms Groups run continuously throughout the year. The Nurturing Group is a 10-week curriculum group that runs from January to June. The Family First Parenting Group runs for 4 weeks from March to September. The Parent Support Group is a 6-week program that runs from April to October. Call for more information English & Spanish group

Contact: Ruth Rollins (617) 409-5413

Website: www.elizabethstone.org

E-Mail: rrollins@elizabethstone.org

Region: Boston

Family Nurturing Center

Breakthrough Parenting will run at FNC's Family Enrichment Site at UP Academy throughout the year in fifteen-week cycles. This parenting education program addresses how to create a safe, loving environment for your child with a focus on cooperation instead of conflict. The program is recognized by the Department of Children & Families (DCF). The classes are free, text books and workbooks are included, and childcare is provided (please let facilitator know in advance). Parents do not need to have custody of their child to attend

Contact: Remetrious Rogers (617) 474-1143 X 328

Website: www.familynurturing.org

E-Mail:

Region: Boston

Let's Celebrate the Arrival of Your Newborn

Free support group, available to any family living in the Boston Region, birth to 4 months old. Groups available in Allston/Brighton, Roslindale, Dorchester; also, groups for Spanish- and Portuguese-speaking parents, and a Nurturing Fathers Program.

Contact: Valerie Bean, Development Off (617) 474-1143

Website: mommypoppins.com

E-Mail:

Region: Boston

Nurturing Center of Massachusetts

Neighborhood-based program for Boston area families, fathers, and mothers are available. Call or visit the website for locations and times of upcoming meetings.

Contact: Carla Walker (617) 474-1143

Website: www.familynurturing.org

E-Mail:

Region: Boston

Parent and Family Support Groups

Hospital-based support for family members of children of all ages who are patients of Boston Children's Hospital. Call for meeting dates and specific locations at Children's Hospital, 300 Longwood Avenue, Boston, which also offers Parent Matching opportunities in many of its clinics for specific health and disability issues.

Contact: Hale Family Center for Familie (617) 355-6279

Website: <https://www.childrenshospital.org>

E-Mail:

Region: Boston

Parental Stress Line

24/7 Hot Line

24/7, All Languages Available, Parents or guardians with problems relating to their children do not hesitate to call us. Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic. We offer support to anyone seeking it no matter how big or small. We offer a translation service so if you, or someone you know, needs a translator please don't hesitate to call us!

Contact: Parents Helping Parents (800) 632-8188

Website: <https://www.parentshelpingparents.org/parental-stress-line>

E-Mail: info@parentshelpingparents.org

Region: Statewide

Mothers Support Group

Infants & Toddlers

It takes a Village: free neighbor-to-neighbor support to families with infants and children living in the 28 Hilltowns of Western MA, offer home visits for families with new babies, gently used baby items and a Mothers Support Group as well as Wednesday Parents group, email for more information

Contact: Stacey Mimnaugh (412) 650-3640

Website: <http://www.hilltownvillage.org/>

E-Mail: stacey@hilltownvillage.org

Region: Western

Mothering Without A Model Parent Support Group (JF&CS)

Mother / Infant

Mothering Without a Model support group provides the moms of young children with the opportunity to explore the ways in which the absence of a positive maternal presence in their lives has impacted them as mothers. Women learn to recognize their own parenting style as well as the unique strengths, intuitive gifts, and skills they bring to mothering. Participants are able to receive and give support in the group, which is open to mothers of all faiths and races. Sponsored by The Center for Early Relationship Support, Jewish Family and Children's Service. \$125 for the series of five sessions

Contact: Debbie Whitehill (781) 693-5652

Website: <https://www.ifcsboston.org/>

E-Mail: dwhitehill@ifcsboston.org

Region: Metrowest

Mom's Night Out at Jericho

Mothers Social Group

Moms of people with different abilities are invited to bring their concerns, triumphs and their need to laugh. Jericho will supply drinks and refreshments. This group meets in Holyoke. Please call for or e-mail for details and Bring something to share! Upcoming dates are March 1, 2019 and May 10th, 2019

Contact: Linda LaPointe (413) 538-7450

Website: <https://www.jerichobeca.org/>

E-Mail: lindaL@jerichobeca.org

Region: Western

Partnership for Parents

Online – Serious Illnesses

This is an online support network for Parents of Children with Serious Illnesses: "It's 3:00 in the morning. I can't sleep. My grief and fear are overwhelming...The doctor suggested a support group, but I don't have time. There is not enough of me... I know there's help out there, but it's all so overwhelming... How can I get the information I need to make good decisions, support in dealing with my fears, and explanations for my feelings of grief and anger?" Please visit the website for more information.

Contact: Online Group (916) 489-2222

Website: <http://partnershipforparents.net/>

E-Mail:

Region: National

Watertown Family Network

Playgroups & Workshops

Our services are offered to all parents and family caregivers of infants and toddlers, ages babies-to-be to four years old. Offers workshops for parents on issues which are important to you, which have included Stress Management, Women's Health, Computer Workshops, "Joys of Parenting", "Babies, Toddlers, Parents and Sleep", and much more. Including facilitated Playgroups and Drop-in Playtimes where parents can meet other parents, and children can play together. They enjoy crafts, snacks, and comfy sitting areas in a child-friendly environment. Visit Website for details.

Contact: WFN (617) 926-1661

Website: <https://sites.google.com/a/watertown.k12.ma.us/wfn/>

E-Mail: watertownfamilynetwork@gmail.com

Region: Metrowest

Fragile Beginnings Support Network

Prematurity

Jewish Family & Children's Service hosts Fragile Beginnings at its Waltham and Walpole offices with a monthly support group and home visits to bridge hospital to home for the days, weeks, months, and years that follow. This adaptation and expansion of services of The Center for Early Relationship Support of Jewish Family and Children's Service creates a network of support targeted to meet the overwhelming needs of families of premature infants. Volunteers to support the new mothers are also welcome. See website or call for more information.

Contact: Peggy Kaufman (781) 647-4327 X 1911

Website: www.jfcsboston.org

E-Mail:

Region: Metrowest

Sibling

Massachusetts Sibling Support Network (MSSN)

The MSSN is here to help. We are the only organization in Massachusetts focused on supporting you: the siblings of people with disabilities. Our network is made up of adult siblings, parents of young siblings, service providers, educators, mental health and medical professionals. We provide information on sibling issues, referrals to sibling services, and social connections for siblings of all ages.

Contact: MSSN (617) 807-0558

Website: <http://www.masiblingsupport.org/>

E-Mail: Info@masiblingsupport.org

Region: Boston

VIBS-Very Important Brothers and Sisters

Hospital-based support, for siblings of children of all ages who are patients of Boston Floating Hospital for Children. Call for meeting dates and specific location at Boston Floating Hospital for Children, Department of Hematology and Oncology.

Contact: Carol Farwell (617) 636-5535

Website: www.floatinghospital.org

E-Mail:

Region: Boston

NSMC Family Resource Center Sibling Support Program

Sibshops are a recreational peer support program for siblings (ages 8–13) with a brother or sister with any developmental, behavioral or medical health disorder. Groups meet with sufficient interest at the Peabody Institute Library, Danvers. Call for details and to register.

Contact: (978) 354-2660

Website: <https://siblingsupport.org/sibshops/sibshops-of-the-north-east>

E-Mail:

Region: Northeast

Why Me & Sherry's House

Bereavement – Sibling Cancer

This is a monthly support group that focuses on sibling bereavement for children. A facilitator uses a variety of activities and crafts to encourage the children to explore and share their feelings related to the loss of their siblings. This group is offered at the same time as the Circle of Healing meeting for parents. It is particularly important because a sibling's bereavement journey evolves with each developmental stage; grief issues are revisited with changing life events. Sharing their common experience with other siblings in a small supportive group can be an important part of coping with family issues, reducing isolation and improving communication.

Contact: David Hagan (508) 757-7734

Website: <https://whyme.org/sherrys-house/>

E-Mail: dhagan@whyme.org

Region: Central

Jewish family and Children's Service

Sibshops

Registration is required. During sibshops, siblings will meet other siblings of children with special needs and have a great time interacting. Obtain peer support and education in a fun and recreational environment. Share experiences and obstacles with other siblings who understand. Take part in fun activities like Sky Zone, snow tubing, and Plaster Fun Time! To register contact the Respite and Recreation Program Manager. Siblings will meet one Sunday a month, 2:00 – 5:00 p.m. Drop off and pick up at the Newton JCC, 333 Nahanton Street, Newton, MA.

Contact: Angela Waring (781) 697-7232

Website: <https://www.jfcsboston.org/>

E-Mail: awaring@jfcsboston.org

Region: Statewide

The Arc Brockton Area

Sibshops

Sibling Support: Brothers and sister ages 8 to 12 who have siblings with special needs are invited to participate in Sibshops, a recreationally-based program that provides opportunities for friendship and FUN! We meet during school vacation weeks and summer vacation. Please Call for more information.

Contact: Christina Grande (508) 583-8030 X 209

Website: <http://www.brocktonareaarc.org/services/family-support-center>

E-Mail: recreation@brocktonarc.net

Region: Southeast

