



## Metrowest Regional Support Groups

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

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

7/14/17

**If you know of a support group in the Metrowest area that you would like to see added to this Regional Support Group list, please call our Family TIES Metrowest Regional Coordinator, at 781-774-6602, or 1-800-905-TIES. THANK YOU!**

Family TIES of Massachusetts is a project of the Federation for Children with Special Needs, funded by the Massachusetts Department of Public Health, Bureau of Family Health & Nutrition, Division for Perinatal, Early Childhood & Special Health Needs.

## **ADD/ADHD - ATTENTION DEFICIT DISORDER**

**Metrowest CHADD:** Meets monthly on the 2<sup>nd</sup> Tuesday of the month 7-9PM at the Goodnow Library, Meeting Room, 21 Concord Road, in Sudbury (not June, July, or August).

**CONTACT:** 508-302-2425

**E-MAIL:** metrowest@chadd.net

**WEBSITE:** www.chadd.net/467

## **ADOPTION SUPPORT**

**Adoptive Families Together Braintree:** Meets on the 2<sup>nd</sup> Wednesday of the month, from 7-8:45PM at the Thayer Public Library, 798 Washington Street, Braintree.

**CONTACT:** Lori Baeumler, 617-587-1522

**E-MAIL:** loribaeumler@mspcc.org

**WEBSITE:** www.mspcc.org

**Adoptive Families Together-Acton:** Meets on the 3<sup>rd</sup> Wednesday of the month from 7:30-9PM at Faith Evangelical Free Church, 54 Hosmer Street, Acton.

**CONTACT:** Lori Baeumler, 617-587-1522

**E-MAIL:** loribaeumler@mspcc.org

**WEBSITE:** www.mspcc.org

**Online Discussion Group:** A moderated on-line group provides parents with a 24-hour support forum, focusing on children with challenging behaviors and complex needs. The group's knowledge and experience are especially helpful to newly forming families.

**CONTACT:** Lori Baeumler, 617-587-1522

**E-MAIL:** loribaeumler@mspcc.org

**WEBSITE:** www.mspcc.or/aft TO SUBSCRIBE: aftlist-subscribe@yahogroups.com

**Kid's Net:** Works with foster, kinship and pre-adoptive families to support parents caring for children in DCF custody. Experienced foster/adoptive/kinship parents provide information, support and mentoring.

**CONTACT:** Lori Baeumler, 617-587-1522

**E-MAIL:** loribaeumler@mspcc.org

**WEBSITE:** www.mspcc.or/aft

**KINnections Program/MSPCC:** Provides support and respite to grandparents with permanent custody of their grandchildren and other family members with custody of kin. Offers information, resources, and camp scholarships.

**CONTACT:** KINnections/MSPCC, 617-983-5800

**E-MAIL:** loribaeumler@mspcc.org

**WEBSITE:** www.mspcc.org

## **APRAXIA (oral and/or verbal)**

**Apraxia Parent Support Group:** Check website for exact schedule; usually meets 4-5 times a year on weekends, Burlington Public Library, Burlington.

**CONTACT:** Caroline

**E-MAIL:** C2cats@rcn.com

**LISTSERV:** [http://groups.yahoo.com/group/NE\\_Apraxia](http://groups.yahoo.com/group/NE_Apraxia)

## **ASTHMA AND ALLERGY**

**Asthma & Allergy Foundation of New England:** Periodic support group and educational events scheduled at Newton-Wellesley Hospital, 2000 Washington Street, Newton. Call for meeting dates.

**CONTACT:** Sharon Schumack, 781-444-7778

**E-MAIL:** aafane@aafane.org

**WEBSITE:** [www.asthmaandallergies.org](http://www.asthmaandallergies.org)

**Metro-West Allergy & Asthma Support Group/Framingham:** Meets from 7-9PM at Allergy & Asthma Treatment Specialists, 475 Franklin St, Suite 206, Framingham. Call for dates.

**CONTACT:** Linda Drews or Lori Brockway, AAFA, 781-444-7778

**E-MAIL:** aafane@aafne.org

**WEBSITE:** [www.asthmaandallergies.org](http://www.asthmaandallergies.org)

**Northwest Suburban Boston Area/Lexington:** Meets from 7-9PM at Beth Israel and Children's Hospital Medical Care Center, 482 Bedford Street, Lexington. Call for dates.

**CONTACT:** Laurel Francoeur, AAFA 781-444-7778

**E-MAIL:** aafane@aafne.org

**WEBSITE:** [www.asthmaandallergies.org](http://www.asthmaandallergies.org)

## **AUTISM SPECTRUM DISORDER/ PDD / ASPERGER'S SYNDROME**

**AANE Parent Support Group:** Asperger's Association of New England in Watertown offers topic nights and online support groups for parents who are members of the organization.

**CONTACT:** (617) 393-3824

**WEBSITE:** [www.aane.org](http://www.aane.org)

**Autism Support Center Acton Support Group:** A program of the Northeast ARC, Danvers, this support group is for Mandarin-speaking parents and offers information & support for people with autism. Bi-monthly meetings, TBA, held at the Acton Memorial Library, 486 Main Street (Route 27) in Acton Center.

**CONTACT:** 6Wendy Li, 978-777-9135 or [asc@ne-arc.org](mailto:asc@ne-arc.org)

**Autism Support Center Burlington Support Group:** Beginning in October, a program of the Northeast ARC, this support group meets at the Burlington Public Library the first Monday each month. Time to be determined.

**CONTACT:** Christine Curtin at 978-777-9135

**Autism Alliance of Metrowest Parent Support Group:** Monthly meetings on the 1<sup>st</sup> Thursday at the Morse Institute Library, Room 1A in Natick from 7-8:30 PM. Guest speakers every other month. "Just for Dad" group meets monthly on the 1<sup>st</sup> Thursday. Call for details and times.

**CONTACT:** 508-652-9900

**WEBSITE:** [www.autismalliance.org](http://www.autismalliance.org)

**BANDS Together (Braintree Autism Network for our Daughters and Sons):**

Monthly meetings on the 2<sup>nd</sup> Monday at Emmanuel Parish, 519 Washington Street, Braintree (corner of West Street). Call for more information.

**CONTACT:** Leah Nabstedt, 617-943-2452

**Common Bonds:** This networking and informational group for parents of children with Autism Spectrum Disorders meets periodically. Contact for more details.

**CONTACT:** Kris Kroc, 781-444-9762

**E-MAIL:** [kriskroc@comcast.net](mailto:kriskroc@comcast.net)

**Dads of Children with Autism and Related Developmental Disabilities:** Meets to connect, learn information, and provide mutual support around issues unique to Fathers. The group meets on a Tuesday each month from 7:15–9PM at the Arc of South Norfolk, Lifeworks End Conference Room in Norwood (no meetings in July or August). Facilitator: Jerry Jacobs, LICSW.

**CONTACT:** John Kelly, 617-868-4858, Ext. 206

**Grandparents of Children with Autism:** We invite you to join this special group to discuss your experiences, share information and resources, and hear invited guests. Meets monthly on the 3<sup>rd</sup> Thursday from 9:30–11:30AM (not April, July, or August) at the Arc of South Norfolk, Conference Room 2, Westwood.

**CONTACT:** Nancy Borr, 781-762-4001, Ext. 412

**E-MAIL:** [nborr@arcsouthnorfolk.org](mailto:nborr@arcsouthnorfolk.org)

**Residential Support Group:** Parents of children in residential placement come together to discuss issues and provide support to each other. This group meets quarterly, Tuesdays from 7:30-9:30PM at the Arc of South Norfolk, Westwood. Call for more information.

**CONTACT:** Nancy Borr, 781-762-4001, Ext. 412

**E-MAIL:** [nborr@arcsouthnorfolk.org](mailto:nborr@arcsouthnorfolk.org)

**Parents of Children with Asperger's and Related Disorders:** Meets 2<sup>nd</sup> Tuesday of the month from 7-8:30PM at Westborough Unitarian Church, Rte. 30. Call for details.

**CONTACT:** Gina Beaney, 508-366-7045

**E-MAIL:** [glsb1@aol.com](mailto:glsb1@aol.com)

**TACA (Talking About Curing Autism) Support Group:** Meets the 2<sup>nd</sup> Tuesday of the month at 7:30 PM at the Senior Center, 400 Taunton Street, in Wrentham.

**Contact:** Cheryl Gaudino

**E-MAIL:** [Cheryl.Gaudino@tacanow.org](mailto:Cheryl.Gaudino@tacanow.org)

**WEBSITE:** [www.tacanow.org](http://www.tacanow.org)

## **TILL Hyde Park Grupo de apoyo para padres que hablen Español y tengan hijos con autism:**

**CUANDO:** las reuniones son el tercer Jueves de cada mes de 10:00 am a 12:00 pm

**LUGAR:** basement de la estacion de policia de Hyde Park

**DIRECCION:** 1249 Hyde Park Avenue en Hyde Park Ma 02136

**PERSONA DE CONTACTO:** Sara Diaz, telefono 617-364-4360

**EMAIL:** saradiaz95@hotmail.com

**TILL Hyde Park Parent Support Group for Spanish-speaking parents** who have children with Autism. The group meets monthly on the third Thursday from 10AM to 12:00 pm in the Basement Meeting Room, Hyde Park Police Station, 1249 Hyde Park Avenue, Hyde Park.

**CONTACT:** Sara Diaz, 617-364-4360, [saradiaz95@hotmail.com](mailto:saradiaz95@hotmail.com) or

Joshua Lyons at TILL, 781-302-4835

## **DEVELOPMENTAL DISABILITIES**

**Dads of Children with Autism and Related Developmental Disabilities:** Meets to connect, learn information, and provide mutual support around issues unique to Fathers. The group meets on a Tuesday each month from 7:15–9PM at the Arc of South Norfolk, Lifeworks End Conference Room in Norwood (no meetings in July or August). Facilitator: Jerry Jacobs, LICSW.

**CONTACT:** John Kelly, 617-868-4858, Ext. 206

**First Tuesday Group:** Meet with other parents to share & connect, learn information and resources, educational advocacy and become empowered. This group meets the first Tuesday monthly from 7:30-9:30PM @ The Arc of South Norfolk in the Lifeworks' End Conference Room in Norwood. Facilitator: Lois Kraus, parent and Special Education advocate.

**CONTACT:** Lori Kraus, 781-329-6874

**E-MAIL:** loiskraus5@gmail.com

**Mornings Support Group:** For parents of school-age children (ages 3-9) who have Developmental Disabilities and/or Autism Spectrum Disorders; this group meets monthly on the 1<sup>st</sup> Thursday from 9:30-11AM at The Arc of South Norfolk, Westwood. Call for more information.

**CONTACT:** Sue Linehan, Parent Facilitator, 781-784-1939

**E-MAIL:** suelinehan@comcast.net

## **BEHAVIORAL ISSUES: See also Mental Health**

**Think:Kids:** A program in the Department of Psychiatry at the Massachusetts General Hospital working to understand behaviorally challenged kids, and finding ways to help them using Collaborative Problem Solving (CPS). **Overview meetings** at the Kioko Center provide an introduction to the Collaborative Problem Solving (CPS) Approach, a compassionate and effective method for understanding and working with children with challenging behaviors. **Morning and evening support group meetings at CBI** help family members and other caregivers expand their confidence and skills implementing CPS with their child, through videos, role playing, troubleshooting, presentations and more. Check the schedule of meetings available for complete details and schedule of presentations, including Andover and North Andover sites.

**FACILITATOR:** Beth Edelstein, 617-643-9331

**E-MAIL:** bedelstein@thinkkids.org

**WEBSITE:** www.thinkkids.org/resources/, scroll to 'Support' and click to download

### **Independent Parent Support Groups**

**Quincy Area Support Group:** Generally meets monthly on the 4<sup>th</sup> Thursday from 6:30-8PM at Ward 4 Community Ctr., 100 Brooks Avenue, Quincy.

**Facilitator:** Linda Perry, cometothinkofit@comcast.net

**WEBSITE:** http://local.yahoo.com/info-10202884-ward-four-community-center-quincy

**Wrentham Area Parents Supporting Parents Group:** Meets monthly at the Fiske Public Library, Wrentham (September to June). Call for details.

**Facilitator:** Beth Cotter, pspgroup247@yahoo.com

## **BEREAVEMENT GROUPS**

**Bereavement Group of Foxboro:** Within this group is "The Circle," whose mission is to provide bereavement support to families who have lost a parent or sibling. Meets September to May, every other Monday evening at the Foxboro Regional Charter School, 131 Central Street. Call for more information or to register.

**CONTACT:** Noreen Sherys, 508-543-1252

**Jeff's Place:** Free, peer-based bereavement support groups for children, ages 3-19, and their families meet in groups twice a month, on Mondays in Wayland and Thursdays in 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

**E-MAIL:** melissa@jeffsplacemetrowest.org

**WEBSITE:** www.jeffsplacemetrowest.org

**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, CGC, 781-366-5300

**E-MAIL:** mfgcgc@yahoo.com

**WEBSITE:** www.listeningreflectinghealing.com

**Suicide.org:** Listing of Suicide support groups in Massachusetts, which offer a forum to talk about suicide prevention, awareness and support

**CONTACT:** 1-800-784-2433 or 1-800-273-8255 (Spanish)

**WEBSITE:** www.suicide.org

**Framingham: SafePlace, The Samaritans:** Bi-monthly meetings on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 7-9 PM at Plymouth Church, located at 87 Edgell Road.

**CONTACT:** Kim Kates, 617-536-2460

**Quincy: SafePlace, The Samaritans:** Bi-monthly meetings on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at the Quincy Medical Center, 114 Whitwell Street, in Quincy.

**CONTACT:** Kim Kates, 617-536-2460

**Sherborn: Suicide Grief Support Group.** Meets twice monthly. Please call for days and times.

**CONTACT:** John Jordan, 508-653-1609

## **BRAIN INJURY**

### **Pediatric Support Group for Parents and Caregivers of Children with Brain**

**Injuries:** Meets periodically at the Norfolk Public Library, 139 Main Street,. Call for details.

**CONTACT:** Gayle Fedele, 617-365-3980

**Boston Acquired Brain Injury Support Group (BABIS):** Support group provides socialization and education for people with acquired brain injury, their friends and family. Meetings are the 1<sup>st</sup> Saturday each month, 10 am to Noon at the Spaulding Rehabilitation Hospital, 300 First Avenue, Charlestown Navy Yard.

**CONTACT:** Sally Johnson, 617-573-2539

**EMAIL:** babisgroup@hotmail.com

## **DIABETES**

**Diabetes Support Group:** A support group for individuals with diabetes who are interested in learning more about managing their diabetes. Monthly meetings are held on the 1<sup>st</sup> Tuesday from 6:30-8:30PM at the Worcester Senior Center (not July, August, December, or January).

**CONTACT:** 508-852-6175

**Juvenile Diabetes Research Foundation Networking Coffees:** Groups meet monthly to discuss a variety of topics. Please call for dates, times and locations.

**CONTACT:** Lauren Shields, 781-431-0700

**E-MAIL:** lshields@jdrf.org

**WEBSITE:** www.jdrf.org/baystate

**Parent Coffees:** Monthly or bi-monthly meetings offered from September to June in different locations. Call to be on the mailing list for the schedule.

**CONTACT:** Lauren Shields, JDRF, New England/ Bay State Branch, Wellesley, 781-431-0700

**WEBSITE:** www.jdrf.org/networkingcoffees

## **DEAF AND HARD OF HEARING**

**Massachusetts Chapter of A.G. Bell Association For the Deaf and Hard of Hearing** offers three programs for youth: Bell Kids, Bell Teens and Bell Tots. The activities are designed to bring children of similar age together in a safe, fun, and supportive atmosphere, from rock climbing and hiking to bowling and the movies.

**CONTACT:** Evan Brunell 774-230-5851

**EMAIL:** massagbell@gmail.com

**WEBSITE:** www.massagbell.org

**FACEBOOK:** facebook.com/groups/agbellmass



## **Hear My Dreams Support Group, for parents of children with hearing loss:**

Meets on the 2<sup>nd</sup> Tuesday of odd numbered months from 7-9PM at HearSmart Audiology, 435 King Street, Suite 2, Littleton. All parents are welcome, regardless of where child receives audiology services.

**CONTACT:** Megan Ford, Au.D, 978-952-2500

**EMAIL:** hearmydreams@gmail.com

**WEBSITE:** www.hearmydreams.com

## **DOWN SYNDROME**

**Down syndrome and Autism Spectrum Disorder:** A support group for families facing the dual diagnosis to come together to start new friendships, to talk and share strategies and to be a support and resource for each other and their children. A live chat room is held the 2nd Monday of every month from 8:30–9:30PM.

**CONTACT:** Charlotte Gray

**E-MAIL:** morningtravelers2@yahoo.com.

**Massachusetts DADS (Dads Appreciating Down Syndrome):** An action group for Fathers of children and youth with Down Syndrome; monthly meetings and activities provide opportunities for discussion and strategizing. Visit our website or email for details.

**CONTACT:** Jeff Roback

**E-MAIL:** dadsmass@yahoo.com

**WEBSITE:** www.mdsc.org/programs/DADsGroup.cfm

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

**CONTACT:** 1-800-664-MDSC

**E-MAIL:** mdsc@mdsc.org

**WEBSITE:** www.mdsc.org

### **Support Groups:**

#### **African American Family Support Group (21 Shades)**

Federation for Children with Special Needs, Boston

**CONTACT:** Roxanne Hoke-Chandler, 617-399-8343

#### **Autism Spectrum Disorder/Down Syndrome: Down Syndrome-Autism Connection**

**CONTACT:** Charlotte Gray or Erin Knyff, 978-902-3661

#### **Boston Children's Hospital Down Syndrome Program Speaker Series**

**CONTACT:** Angela Lombardo, 857-218-4329

#### **Boston/Greater Boston Moms Potluck Group**

**CONTACT:** Melanie Perkins McLaughlin, 617-699-1962

#### **Complex Needs: Parents of Children with DS and Complex Needs**

**CONTACT:** Sarah Cullen, 781-221-0024

#### **D.A.D.S group (Statewide), Dads Appreciating Down Syndrome**

**CONTACT:** Jeff Roback, 339-788-1460

**WEBSITE:** www.dadsmass.org

#### **Grandparents Support Group**

**CONTACT:** Sarah Cullen, 781-221-0024, Ext. 206

**South Shore Arc (Weymouth) Support Group**

CONTACT: Jeanne Zarrella, 781-848-8935

**Spanish-Speaking: Familias Latinas Unidas por el Síndrome de Down**

CONTACT: Patria Espinal, 617-953-6589

**Metro West Parents of Children with Down Syndrome:** Meets on a monthly basis in Hopkinton and hosts periodic family social groups. Call for more information.

**CONTACT:** Cheryl Caira, 508-877-6475 or Elaine Chaisson, 508-875-8091

**South Shore Parents of Adults with Special Needs:** Meets periodically in Cohasset; call for date, time and location.

**CONTACT:** Wilma, 781-659-7233 or Taffy, 781-383-0895

**E-MAIL:** nothnagle@comcast.net

**EPILEPSY AND SEIZURE DISORDERS**

**Southwest of Boston Parent & Family Support Network Group:** Group for parents of children and teens with epilepsy, meeting monthly on the 1<sup>st</sup> Thursday (no meetings July or August) from 7:30-9 PM at the Medfield Town Library, 468 Main Street (Rte. 109).

**CONTACT:** Michelle Gaudet or Christi Barney, 617-506-6041, Ext.102

**E-MAIL:** swelby@efmarinhme.org

**FOOD ALLERGY: See ASTHMA AND ALLERGY**

**FRAGILE X SYNDROME**

**Fragile X LINKS Group of Eastern Massachusetts:** Group hosts social and educational events, Parent Nights Out, and occasional conferences, as well as summer family get-togethers.

**CONTACT:** Eric and Melissa Welin, 617-858-0392

**E-MAIL:** eric@fragilexma.org or melissa@fragilexma.org

**WEBSITE:** www.fragilexma.org

**HAITIAN AMERICAN PUBLIC HEALTH INITIATIVES (HAPHI)**

**Family Support Group:** Meets the last Sunday of the month in Mattapan. Call for details.

**Please note: Department of Developmental Services Referral needed.**

**CONTACT:** Dr. Raphael, (617) 298-8076

**HYDROCEPHALUS**

**Boston Hydrocephalus Foundation:** This new group welcomes anyone looking to learn more and meet others affected by the neurological condition known as hydrocephalus. Meetings are held on Sundays from 3-5 PM at Children's Hospital, 9 Hope Avenue, Waltham. Call for details.

**CONTACT:** Jennifer Miles

**EMAIL:** BostonSupport@hydroassoc.biz

## **LEUKEMIA/LYMPHOMA**

**Leukemia/Lymphoma Society:** Family Support groups meet monthly on the 2<sup>nd</sup> Tuesday. Call for location and time.

**CONTACT:** Lynne Morin, 508-810-1308

## **LIMB DIFFERENCES**

**Amputee Support Group:** Offered by Spaulding Rehabilitation Hospital, all amputees, their families and friends are invited to socialize and discuss common areas of interest including accessibility, resources and coping strategies. Meets the 1<sup>st</sup> Wednesday each month 1-2:30 PM at Spaulding Hospital, 300 First Avenue, Charlestown Navy Yard.

**CONTACT:** Sally Johnson, 617-573-2539

**E-MAIL:** sejohnson@partners.org

**WEBSITE:** www.spauldingrehab.org/events/supportgroupevents

**Helping Hands Foundation:** A support group made up of parents who have children with upper limb differences and who are concerned with the challenges facing the child and the entire family. Massachusetts Chapter is located in Medfield.

**E-MAIL:** info@helpinghandsgroup.org

**WEBSITE:** www.helpinghandsgroup.org

## **LYME DISEASE**

**Metro West Lyme Disease Support Group:** A part of The Lyme Disease Network, a non-profit foundation dedicated to public education of the prevention and treatment of Lyme disease and other tick-borne illnesses. Meetings are held on the 4<sup>th</sup> Thursday each month 7-9 PM at the Concord Free Public Library, Trustees Room, at 129 Main Street.

**CONTACT:** Rose Ruze, 978-369-2396

**E-MAIL:** roseruze@verizon.net

## **MEDICAL CONDITIONS**

**Angelman Syndrome Foundation:** This group meets periodically, including fall, spring, and summer family events. Call for dates and times. National website includes Spanish section.

**CONTACT:** Linda Daly, 781-837-1698

**E-MAIL:** Daly38@hotmail.com

**WEBSITE:** www.angelman.org and www.upneangels.com

**Arthrogryposis Multiplex Congenita Online Support Group:** Online Support group with links to numerous resources.

**WEBSITE:** www.amcsupport.org

**Brachial Plexus Family Group:** Periodic family meetings offer opportunities for socialization and education. Contact for details and scheduled events.

**CONTACT:** Katherine Sheldon

**EMAIL:** nebrachialplexusgroup@gmail.com

**Celiac Support Group of Central MA:** Meets at the Fallon Clinic Nutrition Department, 630 Plantation Street, Worcester. Open to all; call for more information.  
**CONTACT:** 508-852-6175

**Crohn's and Colitis Foundation Parent Support Group:** This group meets monthly on the 2<sup>nd</sup> Wednesday from 6:30-7:30PM at Mass. General Hospital, Yawkey Building, Room 4-4820, 55 Fruit Street, Boston. For details, call or visit: [www.ccfa.org](http://www.ccfa.org)  
**CONTACT:** Melissa Murphy, 781-449-0324  
**E-MAIL:** [mmurphy@ccfa.org](mailto:mmurphy@ccfa.org)

**Eosinophilic Gastrointestinal Disorders Support Group:** Parent support and opportunities to meet and share for young adults and adults affected by EGID. Educational speakers arranged for monthly meetings, held on the 1<sup>st</sup> Monday at Children's Hospital Lexington, 482 Bedford Street from 7-9PM. Call for meeting details and RSVP.  
**CONTACT:** Dianna Queheillalt  
**E-MAIL:** [dianna@EGIDBoston.org](mailto:dianna@EGIDBoston.org)  
**WEBSITE:** [www.EGIDBoston.org](http://www.EGIDBoston.org)

**Friends With Heart:** A support group for parents of children with congenital heart conditions, meets monthly from 7-9PM at Worcester Library. There are also quarterly informational meetings with guest speakers. Call for details and directions.  
**CONTACT:** Dawn King, 508-842-1636  
**E-MAIL:** [dawnking@townisp.com](mailto:dawnking@townisp.com)

**MitoAction Support Groups:** Periodic phone support groups offered, including sessions specific to New Diagnosis, Mitochondrial Disease and Autism, and General Parent Support. Refer to online calendar for complete list and toll-free line contacts.  
**WEBSITE:** [www.mitoaction.org/news-and-events](http://www.mitoaction.org/news-and-events)

**Mitochondrial Disorders Support Group:** Meets monthly at the Lahey Clinic in Burlington. Call for more information.  
**CONTACT:** Bill Shea, 508-946-7194

**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, [mary.raymond@murphyraymond.com](mailto:mary.raymond@murphyraymond.com)

**Rett Syndrome Support Group:** Meets on the 1<sup>st</sup> Thursday of the month at ARC of Massachusetts, Waltham. Call for more information.  
**CONTACT:** Irene Gladstone, 781-444-8164

**Sanfilippo Mothers Group:** Meetings occur bi-monthly. Call for details about meeting format and location. All families are welcome.  
**CONTACT:** Mary-Frances, [mfgcgc@yahoo.com](mailto:mfgcgc@yahoo.com)

**Scleroderma Syndrome Support Group:** Worcester Area Group meets monthly on a Sunday at 2PM at 640 Lincoln Street, Worcester. Please call for specific dates.  
**CONTACT:** Nancy Velleco, 508-869-2997

**Spina Bifida Association of Greater New England:** The Spina Bifida Association hosts a variety of family-focused events, including a listserv for families of loved ones with Spina Bifida.  
**CONTACT:** 888-479-1900  
**LISTSERV:** groups.yahoo.com/group/SBAGNEParents/

**Spinal Cord Injury Support Group:** Provides a supportive environment for individuals who have experienced a spinal cord injury. Family members and friends are welcome. Meets monthly on the 4th Wednesday from 6-7:30PM at Braintree Rehab Hospital, 250 Pond Street, Braintree. Please call prior to attending the meeting.  
**CONTACT:** Michelle Heath, 781-348-2250  
**EMAIL:** mheath@5sqc.com

**Stroke Support Group:** Support group provides socialization and education for stroke survivors, meeting on the 2<sup>nd</sup> Wednesday each month 3-4 PM at Spaulding Rehab Hospital, 200 First Avenue, Charlestown Navy Yard.  
**CONTACT:** Karen Halfon, 617-573-7143  
**EMAIL:** khalfon@partners.org

**TrachCare Inc.:** Statewide support for parents of children of all ages who have a tracheostomy. Telephone support and occasional group meetings are available.  
**CONTACT:** Julie Leahy, 617- 527-1990  
**E-MAIL:** info@trachcare.org

## **MENTAL HEALTH**

**Caregivers for the Mentally Ill:** Sponsored by the Norfolk Alliance for the Mentally Ill; meets monthly on the 1<sup>st</sup> Thursday at 7PM in the cafeteria of Norwood Caritas Hospital, 800 Washington Street, Norwood.  
**CONTACT:** Ray Breton, 508-668-2941

**Connecting Parents/MSPCC:** Meets weekly Mondays from 6:30-8:30PM at the Canton Public Library, Art & Activities Room, 786 Washington Street; and Tuesdays 10-11:30 at Westwood Library, Conference Room, 660 High Street, Westwood; And Fridays 10 – Noon at the Tufts Library, Jones Room, 46 Broad Street, in Weymouth. Also hosts a weekly Writing Group on Tuesdays, 10-11:30 AM at the Donovan Health Building, 5 Randolph Street, Canton.  
**CONTACT:** Betty Wagner, 617-983-5803  
**E-MAIL:** bwagner@mspcc.org

**DBSA-Boston (Depression Bipolar Support Alliance of Boston) Support Group:**

Meets every Wednesday 7-9 PM at McLean Hospital in Belmont (de Marneffe Building, 1<sup>st</sup> floor lobby). Includes a lecture on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays.

**CONTACT:** 617-855-2795

**WEBSITE:** www.dbsaboston.org

**Framingham Parent Support Groups:** Wayside Youth & Family, group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month from 7-8:30PM or the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 10-11:30AM. Both are located at 88 Lincoln Street, Framingham.

**CONTACT:** John Allen, 508-620-0010, Ext. 189

**E-MAIL:** Dorothy\_hardsog@waysideyouth.org

**Framingham Sib Club:** Wayside Youth & Family, activity for siblings ages 5-12, with dinner served from 6-7PM on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month at 88 Lincoln Street, Framingham.

**CONTACT:** John Allen, 508-620-0010, Ext. 189

**E-MAIL:** Dorothy\_hardsog@waysideyouth.org

**Metro Suburban Support Group:** Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 7-9:30PM at Wayside Youth & Family, 406 Massachusetts Avenue, Arlington. Reimbursement for childcare.

**CONTACT:** Anne Sullivan, 781-646-2826

**E-MAIL:** annesullivan@waysideyouth.org

**NAMI Newton-Wellesley Support Group:** Meets monthly on the 2<sup>nd</sup> Tuesday from 7-9PM at Newton-Wellesley Hospital, Bowles Room #2.

**CONTACT:** Sid Gelb, 617-232-5694

**E-MAIL:** ps81896@aol.com

**NAMI Parent Support Group-Norwood:** Meets monthly on the 1<sup>st</sup> Thursday from 7-9PM at Caritas Norwood Hospital Cafeteria.

**CONTACT:** Ray Breton, 508-668-2941

**NAMI Support Group-Somerville:** Meets monthly on the 3<sup>rd</sup> Monday at 7:30PM at Cambridge Hospital, 3rd Floor Conference Room.

**CONTACT:** Elizabeth Plofker, 781-646-0397

**NAMI Family Support Group-South Shore:** Meets monthly on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 6:30PM at 19 Thaxter Street, Hingham.

**CONTACT:** Betty MacIntire, 781-749-1541

**E-MAIL:** macintyre.betty@gmail.com

**NAMI Support Group-Wellesley:** Meets monthly on the last Wednesday at 7:30PM at Wellesley Hills Congregational Church, 207 Washington Street.

**CONTACT:** 781-235-4422

**E-MAIL:** abennink@comcast

**NAMI Support Group for Caregivers:** Meets monthly on the 1<sup>st</sup> and 3<sup>rd</sup> Monday at 7:30PM at the Cambridge Hospital Learning Center A, 3<sup>rd</sup> Floor, 1493 Cambridge Street.

**CONTACT:** 781-646-0397

**E-MAIL:** [helpline@namimass.org](mailto:helpline@namimass.org)

**Online Parent Support Group, Wayside Youth:** A confidential and comforting place for parents of children with emotional, behavioral and/or mental health challenges to respectfully share ideas, stories, hopes, dreams, disappointments, and triumphs. Any parent/guardian with internet access who is interested in giving and receiving support is welcome to join.

**CONTACT:** Dana Farley, 781- 891-0556, Ext. 31

**E-MAIL:** [dana\\_farley@waysideyouth.org](mailto:dana_farley@waysideyouth.org)

**PPAL:** A program with MSPCC that advocates on behalf of children with emotional, behavioral, and mental health needs and their families. Offering 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.

**CONTACT:** Nancy Collier, 978-935-5811

**Website:** [www.ppal.net](http://www.ppal.net)

**Waltham Parent Support Group:** Wayside group meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month from 7-9PM at Wayside Youth & Family Support Network 118 Central Street, Waltham.

**CONTACT:** Judi Maguire, Parent Support Coordinator, 508-215-6008

**E-MAIL:** [judi\\_maguire@waysideyouth.org](mailto:judi_maguire@waysideyouth.org)

## **OBSESSIVE-COMPULSIVE DISORDER/TOURETTE SYNDROME**

**Foxboro OCD Parent Support Group:** Meets monthly at the Boyden Library, 10 Bird St., Foxboro, from 6:30-8 PM. Planned Monday meetings include: 11/16, 12/21, 1/11, 2/8, 3/14, 4/11.

**CONTACT:** Cynthia Rumsey

**E-MAIL:** [crumsey90@yahoo.com](mailto:crumsey90@yahoo.com)

**Obsessive Compulsive Foundation (OCF) / Greater Boston Support Program:**

Meets on the 1<sup>st</sup> Tuesday each month, 8-9PM at the DeMarneffe Bldg. McLean Hospital, 115 Mill Street, Belmont. Call to confirm. Additional groups around the state, with periodic meetings.

**WEBSITE:** [www.ocffoundation.org/find\\_a\\_support\\_group.aspx](http://www.ocffoundation.org/find_a_support_group.aspx)

**OCD Support Group:** Peer-led discussion of living with OCD and anxiety. Meets 7-8:30 on the 1<sup>st</sup> and 3<sup>rd</sup> Monday each month at the Friends Meeting House, 5 Longfellow Park in Cambridge.

**E-MAIL:** [ocdgroupcambridge@gmail.com](mailto:ocdgroupcambridge@gmail.com)

**Tourette's and OCD Support & Encouragement Group:** Meets periodically on Mondays at 7:30PM in Ashland, to provide parents and families with a venue to discuss the challenges and opportunities of raising a child with OCD and/or Tourette Syndrome.

**CONTACT:** Stephen or Barbara

**E-MAIL:** [sbdt5@verizon.net](mailto:sbdt5@verizon.net)

## **PARENTING SUPPORT**

**Assabet Valley Collaborative:** Provides supportive services to families with children to 5 years of age and living within the Collaborative's region of the Greater Marlborough area. Meets monthly on a Tuesday from 6-8PM at 57 Orchard Street, Marlborough. Call for details.

**CONTACT:** Katie Blackburn, 508-481-3611

**E-MAIL:** [kblackburn@assabet.org](mailto:kblackburn@assabet.org)

**WEBSITE:** [www.avcollaborative.org](http://www.avcollaborative.org)

**Concord Family and Youth Services:** Parenting support for ages birth to age 3 years; meetings held at 380 Massachusetts Avenue, Acton. Call for meeting details and times.

**CONTACT:** 978-263-3006

**WEBSITE:** [www.cfys.org](http://www.cfys.org)

**Gay and Lesbian Parents Support Group:** Provides parents with children ages one to three years old with an opportunity to discuss general parenting issues, as well as issues specific to being gay and lesbian parents.

**CONTACT:** Tracy Rich

**E-MAIL:** [trich@jfcsboston.org](mailto:trich@jfcsboston.org)

### **Jewish Family & Children's Services Fragile Beginnings Support Group:**

Emotional support for parents whose babies are born prematurely or are treated in the NICU. The Center for Early Relationship Support provides in-person and phone-based groups. Meets twice a month; call for dates and dial-in Participant Codes for phone-based groups.

**CONTACT:** Debbie Whitehill, 781-693-5625

**EMAIL:** [dwhitehill@jfcsboston.org](mailto:dwhitehill@jfcsboston.org)

### **Jewish Family & Children's Services Fragile Beginnings Support Group:**

Emotional support for parents whose babies are born prematurely or are treated in the NICU. The Center for Early Relationship Support provides in-person and phone-based groups. Meets twice a month; call for dates and dial-in Participant codes for phone groups.

**CONTACT:** Debbie Whitehill, 781-647-5327x1925

**E-MAIL:** [dwhitehill@jfcsboston.org](mailto:dwhitehill@jfcsboston.org)

**Latina Mothers Support Group (Portuguese- and Spanish-speaking):** Meets on Fridays from 10:30AM-Noon at St. Anthony's Church, 43 Holton Street, Allston. Call for details.

**CONTACT:** Jacqueline Caceres, 781-693-5022

**Mothering After Mother Loss:** Call for information about future groups. (Sponsored by The Center for Early Relationship Support, Jewish Family and Children's Service.)

**CONTACT:** Diane Gardner, 781-693-5652

**E-MAIL:** [dgardner@jfcsboston.org](mailto:dgardner@jfcsboston.org)

**Mothering Without A Model:** Call for information about future groups. (Sponsored by The Center for Early Relationship Support, Jewish Family and Children's Service.)

**CONTACT:** Diane Gardner, 781-693-5652

**E-MAIL:** [dgardner@jfcsboston.org](mailto:dgardner@jfcsboston.org)



**New Mothers Support Group:** Do you have a new baby? Would you like to meet other moms? New parents are invited to come with their infants. Weekly meetings are held in Allston (Portuguese- and Spanish-speaking group), Arlington, Boston (Fenway), Cambridge, Jamaica Plain, Medford, Somerville, South Easton, Stoughton, Waltham (Spanish-speaking group), Watertown and Winchester. For times and exact locations, call or visit JFCS Boston website. (Sponsored by The Center for Early Relationship Support, Jewish Family and Children's Service.)  
**CONTACT:** Jacqueline Caceres, 781-693-5022

**WEBSITE:**

[www.jfcsboston.org/NewsEvents/ViewArticle/tabid/260/smid/722/ArticleID/58/reftab/285/t/New-Mothers-Support-Groups/Default.aspx](http://www.jfcsboston.org/NewsEvents/ViewArticle/tabid/260/smid/722/ArticleID/58/reftab/285/t/New-Mothers-Support-Groups/Default.aspx).

**Parent Led Support Group:** Open to parents who are dealing with children who may have regulation, socialization and organizational needs. Next meetings are November 16<sup>th</sup> 7-8 PM and December 14<sup>th</sup> . to be held at the Integrated Children's Therapies at 2 Coolidge Street in Hudson MA.

**CONTACT:** Kathleen Ford, (978) 568-8800

**Parents Helping Parents:** Call for schedule of groups and exact locations in the region.

**CONTACT:** The Roundtable of Support, 1-800-882-1250

**Parent's Transitional Age Support Group:** 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 Wednesday, December 28th, 6pm-7:30pm at TEMPO, 68 Henry Street Framingham, Next to Wayside Youth & Family Support Network – 88 Lincoln St, Framingham,

**CONTACT** Ann Killion at 508-620-0010 x194

**E-MAIL:** [ann\\_killion@waysideyouth.org](mailto:ann_killion@waysideyouth.org)

**This Isn't What I Expected: A Postpartum Adjustment Group:** Meets Thursdays from 12:30–2 PM at JF&CS Headquarters, 1430 Main Street, Waltham. (Sponsored by The Center for Early Relationship Support, JFCS.)

**CONTACT:** Debbie Whitehall, 781-647-5327x1925

**E-MAIL:** [dwhitehill@jfcsboston.org](mailto:dwhitehill@jfcsboston.org)

**Twins, Triplets, and More:** Meets on Wednesdays from 2:30-4 PM at Eliot Church, 474 Centre Street, Newton. (Sponsored by The Center for Early Relationship Support, Jewish Family and Children's Service.)

**CONTACT:** Terry Chebot, 781-647-5327

**E-MAIL:** [tchebot@jfcsboston.org](mailto:tchebot@jfcsboston.org)

**Waltham Latina Mothers Support Group (Spanish-speaking):** Meets on Tuesdays from 10:30AM-Noon at Temple Beth Israel, 25 Harvard Street.

**CONTACT:** Jacqueline Caceres, 781-693-5022

**Watertown Family Network:** Parents are welcome on Wednesdays from 9:00-10:30AM at Watertown Family Network, Phillips School, 30 Common Street. Call for more information.  
**CONTACT: 617-926-1661**  
**E-MAIL: watertownfamilynetwork@gmail.com**

**Wayside Youth & Family Parent Support Group:** Meets on the first and third Thursday of the month at Wayside Youth and Family, 118 Central Street, Waltham from 7-9 PM.  
**CONTACT:** Judi Maguire, 781-891-0555  
**E-MAIL:** judi\_maguire@waysideyouth.org

### **PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcus)**

**Parent Group:** Meets periodically to support families with children affected by PANDAS/PITAND or PANS. Call for location, time and date.

**Contact:** Kara McLaughlin, 978-821-1233

**E-MAIL:** PANSSupport@comcast.net

### **PEER SUPPORT**

**Support Group for Young Adults:** Meets Wednesdays from 5-6PM at STEPS, 12 Prescott Street, Arlington. (Sponsored by Metro Suburban RLC and Wayside Youth and Family Support Network's STEPS)

**CONTACT:** Gina Bozzi, 781-646-2826

**E-MAIL:** gina\_bozzi@waysideyouth.org

**Y.O.U at YouthMOVE Massachusetts:** Non-therapeutic support groups for teenagers with behavioral, emotional or mental health needs. Groups meet at 51 Union Street, Suite 308, Worcester; dinner is free at each meeting. Call for more information.

**CONTACT:** PPAL and Youth Move, 508-767-9725

**E-MAIL:** info@ppal.net

**WEBSITE:** www.ppal.net

### **SIBLING SUPPORT**

**Sibling Support Group (ages 5-12):** Wayside Family Works offers this group on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month from 6-7:30PM at Wayside Academy, 31 Main Street, Marlborough.

**CONTACT:** John Allen, Parent Support Coordinator, Wayside Youth, 508-620-0010 x189

**E-MAIL:** john\_allen@waysideyouth.org

**Massachusetts Sibling Support Network:** Join Meetups for the siblings of children with special at [www.meetups.com/siblings](http://www.meetups.com/siblings).

**CONTACT:** 617-807-0558

**E-MAIL:** info@masiblingsupport.org

**WEBSITE:** [www.masiblingsupport.org](http://www.masiblingsupport.org)

## **SPINA BIFIDA**

### **Spina Bifida Association of Greater New England** (Formerly SBA of Massachusetts):

The Spina Bifida Association hosts support groups and local meet-ups at various locations.

**CONTACT:** 888-479-1900

**E-MAIL:** edugan@SBAGreaterNE.org

**WEBSITE:** www.SBAGreaterNE.org

## **VISION IMPAIRMENT**

**Low Vision Support Group:** Come and learn more about vision loss, listen to guest speakers, share coping strategies, and the company of others. Meets monthly on the 3<sup>rd</sup> Thursday at 1PM at the Foxboro Senior Center. This is an open group with an informal hour of sharing. Newcomers are welcome.

**CONTACT:** Noreen Sherys, 508-543-1252 or 508-543-7336

**Low Vision Support Group:** Meets the 2<sup>nd</sup> Monday each month 10-11:30 at the North Cambridge Senior Center, 2050 Massachusetts Avenue. Group is geared towards seniors, but open to all ages.

**CONTACT:** Barbara Duford

**E-MAIL:** marksgirl4951@gmail.com