



Northeast 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

To update or add a new support group to this Regional Support Group list, please call Debra Candeloro, Family TIES Northeast Regional Coordinator, at 978-851-7261, Ext. 4018 or 800-905-TIES. THANK YOU.



ADD/ADHD - ATTENTION DEFICIT DISORDER

Newburyport Parent Support Group: Meets as needed at Anna Jacques Hospital, Higgins Conference Room, Newburyport. Call for current group information.

CONTACT: Peter Williams, Ph.D., 978-465-3366

EMAIL: Doctorpeter@comcast.net

Salem Parent Support Group: Meets periodically on Tuesdays from 4-5PM at the Family Resource Center at North Shore Medical Center, Salem. Parents support and guide one another through the challenges of parenting children with behavioral, social and educational issues. Call for more information about the next session dates and associated fees.

CONTACT: Marguerite Roberts, 978-354-2660

EMAIL: mroberts2@partners.org

ADD / ATTENTION DEFICIT DISORDER & LEARNING DISABILITIES

Parent Support for families with a member with ADD/LD (not for severe mental health issues). Offers phone support regarding the diagnosis and related issues *only* at this time. Call for information.

CONTACT: Mary Ann Murray, 781-599-6818

ADOPTION-ADOPTIVE FAMILIES

Adoptive Families Together: Offers several parent-run confidential groups. AFT provides education, advocacy, support, and more. We also welcome adopted individuals, birth parents, foster parents and all those with a connection to adoption. These are ongoing groups that meet once a month.

CONTACT: Lori Baeumler, (857) 728-2157 **E-MAIL:** lbaeumler@mspcc.org

WEBSITE: www.mspcc.org/aft

Acton: Meets on the 1st Wednesday of the month from 7:30-9PM at Faith Evangelical Free Church, 54 Hosmer Street, Acton. Group Leaders: Kristy Bouley & Marilyn Kuhn

Billerica: Meets the last Sunday of the month from 7-9PM at First Congregational Church, 18 Andover Road (Room 4), Billerica. ****Please use the door in the rear of the building.**** Group Leaders: Cheryl Farrell & Mary Wallace

Swampscott: Meets the 1st Thursday of the month from 7-8:30PM at First Church, 40 Monument Avenue, Swampscott. Group Leaders: Kimberly Ryan & Sandi Santanello

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. Parents use the on-line group to seek information, share stories, gain and offer support. The group's knowledgeable and experienced parents are especially helpful to newly forming families.

CONTACT: Lori Baeumler at (857) 728-2157

E-MAIL: lbaeumler@mspcc.org

WEBSITE: www.mspcc.org/aft - **TO SUBSCRIBE:** aftlist-subscribe@yahoogroups.com

Kid's Net works in partnership 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 to other parents.

CONTACT: Lori Baeumler at (857) 728-2157

E-MAIL: lbaeumler@mspcc.org

WEBSITE: www.mspcc.org/aft

KINnections: Focuses on Metro-Boston grandparents with permanent custody of their grandchildren and other family members with custody of kin.

CONTACT: Lori Baeumler at (857) 728-2157

E-MAIL: lbaeumler@mspcc.org

WEBSITE: www.mspcc.org/aft

ASTHMA AND ALLERGY

Food Allergy Group of the North Shore: Periodic support group meets at Salem Hospital, Davenport Conference Area, 81 Highland Avenue, Salem. Call for details.

CONTACT: 781-444-7778

E-MAIL: aafane@aafane.org

WEBSITE: www.asthmaandallergies.org

Merrimack Valley Allergy & Asthma Support Group: Meets periodically at Kittregde Elementary School, 601 Main Street, North Andover.

CONTACT: Linda Sullivan, RN; Mary Hadjian, RN; or Kim Sousa, 781-444-7778

E-MAIL: aafane@aafane.org

WEBSITE: www.asthmaandallergies.org

Northwest Suburban Boston Area/Lexington: Meets at 6:45PM at Beth Israel and Children's Hospital Medical Care Center, 482 Bedford Street, Lexington. Call for dates.

CONTACT: Laurel Francoeur and Heather Tighe, AAFA 781-444-7778

E-MAIL: aafane@aafne.org

WEBSITE: www.asthmaandallergies.org

AUTISM SPECTRUM DISORDER / PDD / ASPERGER SYNDROME

AANE Sponsored Groups: Asperger's Association of New England programs include

- Parent Topic Workshops (a hybrid of a workshop and a support group)
- Online support group for parents of kids, parents of teens, and parents of adults
- A face-to-face support group for grandparents that meets twice a month.

CONTACT: Marcia.Robinson@aane.org

CONTACT: Stephanie Loo, 617-393-3824, Ext. 17

E-MAIL INFORMATION LINE: info@aane.org

WEBSITE: www.AANE.org

Autism Support Center Support Group: A program of the Northeast Arc, Danvers; 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 or 1-800-7-AUTISM

EMAIL: asc@ne-arc.org

WEBSITE: <http://ne-arc.org/services/autism-services/autism-support-center/support-groups/>

FUTURES PARENT SUPPORT GROUP: Monthly support group meeting for parents of children with Autism and other Developmental Disabilities. The group hosts various speakers to bring resources to the parents. Meets at The Futures Clinic, 55 Tozer Road, Beverly Contact for details

CONTACT: Courtney Conroy 978-969-2894

E-MAIL:

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@mgh.harvard.edu or bedelstein@thinkkids.org

WEBSITE: www.thinkkids.org/resources/

Independent Parent Support Groups

Quincy Area Support Group: Generally meets monthly on the 4th Thursday from 6:30-8PM at Ward 4 Community Ctr., 100 Brooks Avenue, Quincy. E-mail for more details or for possible changes in dates, times, and locations.

Facilitator: Linda Perry

E-MAIL: info@avalancheadvocacy.org

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

Somerville Area Parents Supporting Parents Group: Call or e-mail for details about dates, times, and locations.

Facilitator: Greta Schnee, 508-523-0048

E-MAIL: gretaschnee@yahoo.com

BIPOLAR DISORDER (Also see Mental Health)

Bipolar Parent Support: Parents share strategies, resources, and support with other parents who have a child or adolescent with Bipolar Disorder. Group meets monthly on the 1st Wednesday from 12-1PM in the Family Resource Center, Mass. General for Children at North Shore Medical Center, 57 Highland Avenue, 4th Floor, Salem.

CONTACT: NSMC Family Resource Center, 978-354-2660

WEBSITE: http://nsmc.partners.org/pediatrics/family_resource_center

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

DEVELOPMENTAL DISABILITIES

Northeast ARC Family Resource Center: The North Shore Area DDS Family Resource Center offers monthly support groups for parents of individuals with disabilities. Call to learn location, time and dates for meetings.

CONTACT: 978-624-2381 English/Spanish, 978-624-2365

DOWN SYNDROME

Massachusetts Down Syndrome Congress: MDSC is a statewide organization that provides information, networking opportunities, and advocacy for people with Down syndrome and their families, educators, health care professionals, and the community-at-large. The Parents First Call program provides new and expectant parents the opportunity to connect with a trained parent mentor and to receive accurate, up-to-date information.

CONTACT: Sarah Cullen, 781-221-0024 x206

EMAIL: scullen@mdsc.org or mdsc@mdsc.org

WEBSITE: www.mdsc.org

PHONE MDSC: 781-221-0024, 800-664-MDSC

Support Groups:

African American Family Support Group (21 Shades)

Federation for Children with Special Needs, Boston

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

MA Parent to Parent: Navigating School Systems **CONTACT:** Melanie Perkins McLaughlin, 617-699-1962

South Bay EI Support Group

CONTACT: Rachel Thomas, 781-249-0629

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

CONTACT: Jeff Roback, 339-788-1460, **WEBSITE:** www.dadsmass.org

Fitchburg Area Arc Support Groups for Parents of Children under 22 and Arc Support Group for Caregivers of Adults

CONTACT: Cheryl Robillard, 978-343-6662

MDSC New Family Socials Support Group

CONTACT: Sarah Cullen, 781-221-0024

Mosaic Down Syndrome Support Group

CONTACT: Sonya Cabral, 617-308-7441

Greater Boston Morning Travelers Play/Support Group

CONTACT: Laura Roge, 617-943-3681

South Shore Down Syndrome Parent Group, Plymouth

CONTACT: Arc of Greater Plymouth Office, 508-732-9292, Ext. 117

South Shore Arc (Braintree) Support Group

CONTACT: Jeanne Zarrella, 781-789-6035

South Shore Parents and Siblings of Children over 30

CONTACT: Taffy Nothnagle, 781-383-0895

Spanish-Speaking: Familias Latinas Unidas por el Sindrome de Down

CONTACT: Patria Espinal, 617-953-6589

E-MAIL: pe67@hotmail.com

FOOD ALLERGY: See ASTHMA AND ALLERGY

GRANDPARENT SUPPORT

Grandparents Raising Grandchildren Support Group NSMC/NS Children's

Hospital Peabody/Salem: Join Grandparents who are raising their grandchildren are able to come together to share experiences and support one another in the challenges of once again accepting the parental role. Meetings are held on 1st and 3rd Mondays from 11AM-Noon in the Family Resource Center, North Shore Children's Hospital, 4th Floor, Room 426, Salem. There is NO CHARGE!

CONTACT: Family Resource Center, 978-354-2660

Grandparents Raising Grandchildren in Harmony Support Group North

Suburban Family Network: The North Suburban Family Network, in collaboration with the Melrose, Stoneham and Wakefield Councils on Aging and supported by community donations, offers a support group for grandparents and grandchildren. The program meets two times per month. The two sessions offer support and speakers on subjects chosen by the participants. Come meet other grandparents who are actively raising their grandchildren. Call for dates and locations. For a list of more support groups near you, please check the website.

CONTACT: Kathy, 781-246-5187

EMAIL: kharlow@hallmarkhealth.org

WEBSITE: http://massgrg.com/support_groups.php

Grandparents as Parents Merrimack Valley Catholic Charities Support Groups:

Join grandparents who are raising their grandchildren and once again find themselves in a parental role to share experiences and gain support.

1st Thursday of every month 10:30am-11:30am 70 Lawrence Street, Lowell or

1st Wednesday of every month 11:00am-12:00pm St. Dorothy and St. Thomas of Villanova Parish 11 Harnden St., Wilmington

CONTACT: Joanie Barcalay, 978-658-4665 x108

EMAIL: joan_barclay@ccab.org

WEBSITE: <http://www.ccab.org/?q=location-merrimack>

GRIEF & HEALING SUPPORT

Center for Grief and Healing: 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, 78 Liberty Street, Danvers. Donations are appreciated.

CONTACT: For dates and times, and to register, email grief@caredimensions.org

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

GRASP: Grief Recovery After A Substance Passing: Peer group open to anyone who has lost a family member or loved one to fatal overdose; meets monthly on the 1st Thursday from 7-8:30M at 55 Highland Avenue, Highland Hall Auditorium (ground floor). Free of charge.

CONTACT: Voice Mail: 781-593-5224 or 978-354-2660

E-MAIL: GRASPNorthShoreMA@gmail.com

HYDROCEPHALUS

Hydrocephalus Association Boston Community Network: This group provides support, education, and empowerment through community for individuals and families impacted by hydrocephalus. Meetings are typically held at Children's Hospital, 9 Hope Avenue, Waltham. Call for details.

CONTACT: Jennifer Miles or Sue Wieggers

EMAIL: BostonCommunity@hydroassoc.org

MEDICAL CONDITIONS & SUPPORT

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 2nd 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

CONTACT: Melissa Murphy, 781-449-0324

E-MAIL: 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 1st 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

WEBSITE: www.EGIDBoston.org

MitoAction Support Groups: 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.
WEBSITE: www.mitoaction.org/news-and-events

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 an informational newsletter. Call for details.
CONTACT: Mary Raymond, 978-207-1185E-MAIL: murphyno7@aol.com
WEBSITE: <http://www.pwsausa.org/new-england-chapter>

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

Rett Syndrome Support Group: Has events and programs available throughout the year. Check the website for upcoming events or call for more information.
CONTACT: Irene Gladstone, 781-444-8164
WEBSITE: rettsyndromemass.org

Sanfilippo Mothers Group: Group meetings are currently put on hold, but individual counseling is still available. Call for details about meeting format and location. All families are welcome.
CONTACT: Mary-Frances, 781-366-5300
EMAIL: 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

MENTAL HEALTH

Depression Group for Teens (14-17 years old) : Come to talk about all issues of depression without judgment. Three-part series meets at North Shore Medical Center. Registration is required. Facilitator Cathy Goldstein-Mullin, LICSW, MassGeneral for Children at NSMC. Call for more information and to register. Nominal fee.
CONTACT: Family Resource Center, 978-354-2670

Learn to Cope: Free peer family support group for adults living with the drug addiction of a loved one; meets weekly on Thursdays from 7-9PM in Davenport Conference Room 102A, Salem Hospital.
CONTACT: Marguerite Roberts, 508-801-3247
EMAIL: mroberts2@partners.org or lrc@learn2cope.org
WEBSITE: <http://learn2cope.org/>

NAMI MA: The National Alliance on Mental Illness of Massachusetts (NAMI Mass) is a nonprofit grassroots education, support and advocacy organization. They offer free educational programs for resources, insights, coping skills, and genuine support for families and those in recovery. All programs are taught by peers; people who have lived the journey and can relate on a personal level to those seeking knowledge and comfort. Visit the NAMI MA website to learn more about the educational programs available and follow the link below to find a list of Family Support Groups.

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

SUPPORT GROUP LIST: <http://www.namimass.org/programs/nami-family-support-groups>

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. Groups are currently meeting in Beverly, Haverhill, Lawrence, Lowell, Lynn, Malden, Salem and Wakefield. Visit the link below for details about the groups.

Website: www.ppal.net

Link to Support Group Information: <http://ppal.net/wp-content/uploads/2015/06/Affiliated-Parent-and-Youth-Support-Groups-7-10-15.pdf>

Stress Reduction Clinics: A variety of programs are available at Mass General/North Shore Center for Outpatient Care, Danvers: Mindfulness for Children (8-10 years old) meets for 8 Thursdays from 4:30-5:30PM at 55 Highland Avenue (Highland Hall). Adult programming includes training and practice in mindfulness, meditation, and mindful hatha yoga, meeting from 6-8:30PM on Tuesdays. Group education for 8 weeks on how to integrate mindfulness everyday with life stresses and challenges. Fee for each program; register online or call for more information.

CONTACT: NSMC Family Resource Center, 978-354-2670

WEBSITE: http://nsmc.partners.org/pediatrics/family_resource_center/family_support_groups

PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcus)

Parents Helping Parents: Does parenting leave you feeling stressed, alone, or overwhelmed? Any parent who is feeling overwhelmed, isolated, or stressed who would like free, confidential, and anonymous support may call. Join our support group at Lowell Community Teamwork, Inc. 126 Phoenix Ave., 3rd Floor, Lowell. Call for more information.

CONTACT: Lori, 617-501-6486

WEBSITE: www.parentshelpingparents.org

SIBLING SUPPORT GROUP

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.

CONTACT: 978-354-2660

TEENS SUPPORT GROUP

SPOTLIGHT: Meetings held on Wednesday nights at 6 Southside Road, Danvers. Our teen support groups, mediated by Spotlight program staff, offer a supportive environment in which teens (ages 14-19 years) and discuss the myriad issues facing them today, including school, friendship and relationships. Boys and girls groups are held separately. Parent support groups are offered at the same time and location, for convenience. Call for more details and to register to participate.

CONTACT: Chris Curtin, 978-624-2335

EMAIL: ccurtin@ne-arc.org

WEBSITE: www.spotlightprogram.com