

# Support, Therapeutic, and Parent Educational Groups in Worcester, MA 3/19



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Informational Family Program:</b> Learn how substance abuse disorders affect the family, how to develop skills and acquire resources to cope with your loved one's use of alcohol and other drugs.	<b>AdCare</b> Adcare Outpatient Services 95 Lincoln Street Worcester, MA 01605	508-453-3053	4 <sup>th</sup> Wednesday of the month, 6 PM	Open to anyone concerned with the substance use of a family member or friend.	English	No
<b>Family and Friends Support Group:</b> This community-wide support group encourages participants to discuss their feelings and how they are coping with the effects of a loved one's alcohol and drug use or recovery.	<b>AdCare</b> AdCare Hospital 107 Lincoln Street Worcester, MA 01605	508-799-9000	Every Thursday at 6:30-8 PM (Founders Room)	Open to anyone concerned with the substance use of a family member or friend.	English	No
<b>Alcoholics Anonymous</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	7 AM-8 AM, every day, seven days a week	Open to anyone who wants to do something about his or her drinking problem.		
<b>NA Group</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Sundays 9:30 AM-10:30 PM (Prescott Room)	For anyone in recovery from drug use		

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<b>SMART Recovery</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Mondays 7-8 PM			
<b>SARP Professional (HOPE) Groups</b>	<b>AdCare</b> AdCare Hospital 107 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Mondays 6-7 PM and 7-8 PM (BCR-A)			
<b>AA Meeting</b>	<b>AdCare</b> AdCare Hospital (see above)	508-799-9000 / 1-800-345-3552	Tuesdays 6:30-7:30 PM (BCR-B)			
<b>Al-Anon Family Group</b>	<b>AdCare</b> AdCare Hospital (see above)	508-799-9000 / 1-800-345-3552	Tuesdays 7:00-8:00 PM (BCR-A)			
<b>NARANON</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Wednesdays 7-8:15 PM and Saturdays 10-11 AM			
<b>Dual Recovery Anonymous</b>	<b>AdCare</b> AdCare Hospital (see above)	508-799-9000 / 1-800-345-3552	Thursdays 6:30-7:30 PM (BCR-A)			
<b>After Care Group</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Thursdays 6:30-7:45 PM			
<b>Refuge Recovery:</b> a new mindfulness-based, peer-to-peer recovery group that uses Buddhist philosophy as the foundation of the recovery process	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Tuesdays/ Thursdays 6:30 – 8 PM			

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<b>Family and Friends</b>	<b>AdCare</b> AdCare Hospital (see above)	508-799-9000 / 1-800-345-3552	Saturdays 10 AM-1:30 PM (BCR-B)			
<b>Narcotics Anonymous</b>	<b>AdCare</b> AdCare Hospital 107 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Saturdays 6-7:30 PM (BCR-B)			
<b>Worcester Outpatient Parenting Group:</b> This group focuses primarily on the effects of substance abuse on one's ability to parent, its past consequences on one's family, and the struggles related to separation or reunification.	<b>AdCare</b> Adcare Outpatient Services 95 Lincoln Street Worcester, MA 01605	508-453-3053	Every Thursday from 1 PM-2:30 PM	This program is designed for custodial and non-custodial parents who have a history of substance abuse or dependence and who are interested in rebuilding their relationships with their children		
<b>Dual Diagnosis</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30 AM-12 PM; Wednesday 6-730	Early recovery group		
<b>Early Recovery Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 5:30-7 PM Thursday 10:30 AM-12 PM and 6-7:30 PM Friday 10:30 AM-12 PM	Early recovery group		

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<b>Spanish Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Thursdays 10:30 AM-12 PM	Early recovery group		
<b>Men's Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Mondays 6-7:30 PM Tuesdays 10:30 AM-12 PM	Early recovery group		
<b>Young Person's Recovery Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30 AM-12 PM	Early recovery group		
<b>Whole Wellness Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Mondays 10:30 AM-12 PM	Early recovery group		
<b>Women's Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30-12 PM Wednesday 10:30 AM-12 PM	Early recovery group		
<b>Spirituality Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesdays 10:30 AM-12 PM	Early recovery group		
<b>Mindfulness Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Thursdays 10:30 AM-12 PM	Early recovery group		
<b>Recovery Life Skills Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesdays 6-7:30 PM	Early recovery group		

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<b>Spirituality Group</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30 AM-12 PM	Early recovery group		
<b>Day treatment</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Mondays-Sundays 8:30 AM-2:30 PM			
<b>SOAP (Structured Outpatient Addiction Program)</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Monday-Sunday 8:30 AM-12 PM And 10:30 AM-2:30 PM	Available to Fallon and MBHP members		
<b>IOP (Intensive Outpatient)</b>	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Monday-Sunday 8:30 AM-12 PM and 10:30 AM-2:30 PM, Monday-Friday 6 PM-9:30 PM			
<b>African Women's Support Group</b>	<b>Angels-Net Foundation Inc</b> 360 West Boylston Street, Suite 213 West Boylston, MA 01583  Programs are run at this address: 114 Main Street, Lower level Worcester, MA 01608	Office number:774-261-4232	The group meets every second Wednesday of the Month 5:00 P.M. - 7:00 P.M.	All immigrant and refugee women from Africa	Swahili, Kiluba and French	no

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Various support and educational programs for individuals with autism and their caregivers</b>	HMEA's <b>Autism Resource Central</b> 71 Sterling Street West Boylston, MA 01583 autism@hmea.org	Phone (508) 835-4278	Go to their website for information about various groups: http://www.autismresourcecentral.org/	Go to their website for more information http://www.autismresourcecentral.org/ FREE	English & Spanish	No transportation, No childcare
<b>Financial Literacy and Support</b> – In classroom and on an individual basis	<b>Belmont A.M.E. Zion Church</b> 55 Illinois Street Worcester, MA 01610	Rev. Clyde D. Talley (508) 754-4539	Call or look for scheduled days/times at: daveramsey.com	This is open to all families seeking help in dealing with debt and living debt-free	English	No transportation or child care is available.
<b>Yes We Care After-School Program</b> – Provide academic and homework support to the parents and their children	<b>Belmont A.M.E. Zion Church</b> 55 Illinois Street Worcester, MA 01610	Anika Romney – Program Coordinator (508) 754-4539	Daily during the school year	From 1 <sup>st</sup> Grade to 6 <sup>th</sup> Grade	English	No transportation or child care is available.
<b>Transition to Adulthood Program</b>	<b>Center for Living &amp; Working</b> 484 Main Street , Suite 345 Worcester, MA 01608	Contact: Erica Torres 508-755-1746 You can call the agency and ask for the I&R Specialist to get started	Call for appointment: 508-798-0350	Youth ages 14-21 with a disability in high school. Consumers can be referred by outside agencies, parent, or by you. There is no cost	English	No
<b>Support Group for Caregivers of Transgender and Gender Variant Youth</b>	<b>Children's Friend</b> 20 Cedar Street Worcester, MA 01609	Caitlin Straubel, 508-753-5425	First Tuesday of the month 6:30 PM-8:00 PM	Free group for parents and caregivers of children who identify as transgender or gender variant or who are exploring their gender	English	No transportation or childcare

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<b>Social Skills Group</b> for 8-10 year olds	<b>Children's Friend</b> 20 Cedar Street Worcester, MA	Intake Dept.: (508) 753-5425	Call for info	Open to all 8-10 year olds	English only	No transportation or childcare (may be eligible for PT-1)
<b>DBT</b> (dialectical behavior therapy) groups	<b>Children's Friend</b> 20 Cedar Street Worcester, MA	Intake Dept.: (508) 753-5425	Call for info	for adolescents	English only	No transportation or childcare (may be eligible for PT-1)
<b>Carriage House (grief support group)</b>	<b>Children's Friend</b> 20 Cedar St Worcester, MA 01609	Karen, Johanna, or Emily (508) 753-5425	Call for info	Children ages 3 to 18	English	No, transportation No child care
<b>Adoption parent group</b>	<b>Adoption Journeys Housed at Child &amp; Family Services   Worcester</b> 330 SW Cutoff, Suite 101 Worcester, MA 01604	Tel: (508) 459-2339    1 (800) 972-2734	Call for more information	Any adoptive parent or caregiver (or caregiver with permanent guardianship)	English only	No Transportation No Childcare
<b>RAD Support group</b>	<b>Adoption Journeys Housed at Child &amp; Family Services   Worcester</b> 330 SW Cutoff, Suite 101 Worcester, MA 01604	Tel: (508) 459-2339    1 (800) 972-2734	Meets 2 x per month on Thursday evenings	Any adoptive parent or caregiver	English only	No Transportation No Childcare
<b>Mindfulness for Kids</b> - Dedicated to teaching kids mindfulness, emotional regulations, and more through fun games and activities	<b>Community Healthlink Youth &amp; Family Services</b> 335 Chandler Street Worcester, MA 01602	Elizabeth Nelson, Victim Advocate 508-421-4501	Group runs March 5-April 23, Tuesdays 5-6pm	Open to ages 8-12 FREE	English	

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<p><b>Exploring Mindfulness:</b> A Group for Parents - Dedicated to providing parents with a space to explore mindfulness practices and techniques for their own emotional regulation and self-practice, as well as giving them tools to help support their children and manage tough behaviors.</p>	<p><b>Community Healthlink Youth &amp; Family Services</b> 335 Chandler Street Worcester, MA 01602</p>	<p>Elizabeth Nelson, Victim Advocate 508-421-4501</p>	<p>Group runs March 5-April 23, Tuesdays 5-6pm</p>	<p>Open to all parents / FREE</p>	<p>English</p>	<p>Child care available for children ages 3 and up.</p>
<p><b>LGBTQ+ Youth Empowerment</b> – A strength-based group meeting once a week to empower LGBTQ+ youth who are exploring or furthering their development of their own identity through mutual support and education. This group will explore issues relevant to the LGBTQ+ community such as healthy relationships, identifying and accessing supportive individuals and environments, and navigating difficult conversations and situations involving discrimination against the community.</p>	<p><b>Community Healthlink Youth &amp; Family Services</b> 335 Chandler Street Worcester, MA 01602</p>	<p>Elizabeth Nelson, Victim Advocate 508-421-4501</p>	<p>Group runs March 20-April 24, Wednesdays 5-6pm</p>	<p>Open to all teens // FREE //</p>	<p>English</p>	<p>n/a</p>



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<b>ClearPast</b> Abortion Recovery	<b>Clearway Clinic</b> 358 Shrewsbury Street Worcester, Ma. 01604	(508)438-0144	Call for days/times	No Cost. Females & Males needing assistance with abortion recovery.	English & Spanish	No childcare No transportation
<b>Pre-natal Classes</b> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> Trimester</li> <li>• Breast-feeding</li> <li>• Newborn Care</li> <li>• Labor and Delivery</li> </ul>	<b>Clearway Clinic</b> 358 Shrewsbury Street Worcester, Ma. 01604	(508)438-0144	Call to make an appointment	No Cost Our classes are free and do not require a referral. They do not have to have been a patient of ours first.	English & Spanish	No childcare No transportation
<b>Nurturing Parenting Group</b>	<b>Counseling and Assessment Clinic</b> 51 Union Street Worcester, MA 01608	508-756-2005 cacworchester.org	Tuesdays from 6:00-7:00pm	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)
<b>Relapse Prevention Group</b>	<b>Counseling and Assessment Clinic</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 cacworchester.org	Thursdays 5-6pm	Various insurances accepted	English	No childcare Transportation for Mass Health Clients (PT-1s)
<b>Anger Management</b>	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02	508-756-2005 cacworchester.org	Thursdays 6-7 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)

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<p><b>First Offender Driver Alcohol Education Program</b> Classes focus on consequences of substance use, dangers of drinking and driving, modifying substance use habits, coping skills, relapse prevention, impact of driving under the influence. Specialized sessions for transitional age youth and women held twice a year</p>	<p><b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608</p>	<p>508-756-2005 cacworchester.org</p>	<p>Wednesdays 5:00-7:00 pm Saturdays 10-12, 2-4</p>	<p>Private pay only</p>	<p>English</p>	<p>No childcare No transportation</p>
<p><b>Dual Diagnosis</b></p>	<p><b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608</p>	<p>508-756-2005 cacworchester.org</p>	<p>Tuesdays &amp; Wednesdays 4-5 PM</p>	<p>Various insurances accepted</p>	<p>English</p>	<p>Transportation for Mass Health Clients (PT-11s)</p>
<p><b>Substance Abuse Education group</b></p>	<p><b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608</p>	<p>508-756-2005 cacworchester.org</p>	<p>Saturdays 12-1 PM</p>	<p>Various insurances accepted</p>	<p>English</p>	<p>Transportation for Mass Health Clients (PT-11s)</p>
<p><b>SOAP (Structured Outpatient Addiction Program)</b></p>	<p><b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608</p>	<p>508-756-2005 cacworchester.org</p>	<p>Monday-Friday 9-12:30 PM</p>	<p>Various insurances accepted</p>	<p>English</p>	<p>Transportation for Mass Health Clients (PT-11s)</p>

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Various social activities and programs for people of all ages with special needs and their families; i.e., parent nights out, painting parties, bowling league, calming yoga, etc.	<b>Diamond is the Sky</b> P.O. Box 20234 Worcester, MA 01602 www.dits.org	Email: info@dits.org  774-823-5016	Go to <a href="http://www.dits.org">www.dits.org</a> for more information about upcoming activities.	Open to all, including families of children with special needs and children without. Go to <a href="http://www.dits.org">www.dits.org</a> for more information.	Can try to accommodate various language needs with advance notice.	Most activities are for parents/caregivers and children together.
<b>REFUGEE GROUPS-</b> for refugees from Iraq, Bhutan, Burma, Syria, and Burundi. Each group discussion includes different topics. There are women's and men's groups.	<b>Edward M. Kennedy Community Health Center</b> 19 Tacoma Street Worcester, MA 01605	Leo Negrón Cruz 508-852-1805	At Edward M. Kennedy Community Health Center 19 Tacoma Street, 3 <sup>rd</sup> Floor  Schedules vary for each group.	Refugee Populations FREE	Refugee Languages including Arabic, Nepali, Burmese, Kayah, Kirundi	Bus passes and food for all participants
<b>Grandparents Raising Grandchildren Support Group</b>	<b>Elder Services of Worcester Area, Inc</b>  <b>Group held at:</b> YWCA 1 Salem Square Worcester, MA 01608 New Meeting Room (Library 2 <sup>nd</sup> floor)	Debbie Dowd-Foley at Elder Services of Worcester- 508-756-1545	Meets the 2 <sup>nd</sup> Monday of every month from 6-8pm	For Grandparents and other kin	English	Free childcare No transportation

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<b>Rainbow Lunch Club and Rainbow Supper Club</b>	<b>Elder Services of Worcester Area, Inc</b> Unitarian Universalist Church, 90 Holden Street, Worcester MA	508-756-1545 ext. 339	2 <sup>nd</sup> Wednesday of the month at 12 PM 1 <sup>st</sup> Tuesday of the month, 6-8 PM	For the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Questioning, and Allies) Elder Community, 60 years and older Reservation required		
<b>Recovery related workshops, trainings, services, meetings and social events</b>	<b>Everyday Miracles</b> Hosted by <b>Spectrum Health Systems</b> 25 Pleasant Street Worcester, MA	508-799-6221	Member-driven schedule, Monday-Saturday	People in recovery or friends and family who are concerned with recovery	English and Spanish	No
<b>Adult Wellness Drop In Group</b>	<b>Family Continuity Programs</b> 76 Church Street Whitinsville, MA	508-234-4181	Mondays 12-1	Insurance blind	English	No
<b>ACRA Drop In Group</b>	<b>Family Continuity Programs</b> 76 Church Street Whitinsville, MA	508-234-4181	Mondays 2:15-3:00	Insurance Blind	English	No

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<b>Recovery Support Drop-in Group</b>	<b>Family Continuity Programs</b> 76 Church Street Whitinsville, MA	508-234-4181	Wednesdays 6-7:30 PM	No registration necessary For individuals in recovery	English	No
Type of group: Abortion Support. *Doula offers one-on-one emotional and informational support *Financial counselor offers financial support	<b>The Jane Fund of Central Massachusetts</b> provides financial help to people who cannot afford abortion care Agency & Address: Jane Fund of Central Massachusetts PO Box 562 Holden, MA 01520	Contact Name & Phone Number: 508-829-7300	When It Meets: All counseling is one-on-one, by phone or text	Who Is Eligible/Cost: Anyone needing financial, emotional, or informational support Services are FREE	Language(s) Spoken: English and Spanish	Transportation Available/Childcare: NA
A peer-led support network for families dealing with addiction and recovery in a family member	<b>Learn 2 Cope</b> Meetings held at Adcare Hospital 107 Lincoln Street, Conference Room BCRB (1 floor down from lobby) Worcester, MA 01605	For more information go to : <a href="http://www.learn2cope.org">www.learn2cope.org</a> Contact: 508-738-5148	Meets every Thursday evening from 7:00 – 8:30pm	Parents, family members, spouses, loved ones, and caregivers with a family member who is addicted to opiates, alcohol, or other drugs	English	No transportation , no childcare

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<p><b>Various peer support and learning groups for adults with mental health conditions</b> in Worcester and surrounding communities (including Southbridge, Milford, Fitchburg, Gardner, Webster)</p> <ul style="list-style-type: none"> <li>• Trauma and recovery</li> <li>• Coping with anger</li> <li>• Alternatives to suicide</li> <li>• Art and journaling</li> <li>• Voice hears support group</li> <li>• Various events: yoga, zumba, karaoke</li> <li>• Trauma-informed peer support training</li> </ul>	<p><b>KIVA Center</b> Central Mass Recovery Learning Community 209 Shrewsbury Street Worcester, MA 01604</p>	<p>(508)751-9600 Monday-Thursday 9:30am-3:30pm, Friday 12pm-6:30pm www.centralmassrlc.org</p> <p>Contact: Vesper Moore</p>	<p>Various days and times</p> <p>Please call for details</p>	<p>18 and older with any mental health experience</p>	<p>English, Spanish, Portuguese</p>	<p>No Childcare</p>
<p><b>Parenting Journey</b> The Parenting Journey is a 12-week program designed for parents who want to learn more about themselves, their childhood relationships and the relationships with their children. Participants will also learn about resources to help with parenting.</p>	<p><b>KIVA Center</b> Central Mass Recovery Learning Community 209 Shrewsbury St, Worcester, MA 01604</p>	<p>(508)751-9600</p>	<p>Interested parents can call and leave name and number and will be updated regarding future sessions if registration is closed.</p>	<p>Free</p>	<p>English</p>	<p>No transportation or childcare</p>

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<b>Peer support Group for youth</b>	<b>KIVA Groups held at Southbridge Community Connections</b> 346 Main Street Southbridge, MA	Jasmine Quinones: 774-289-2240	Mondays from 11-8pm	Anyone 18 and older with any mental health experience	Spanish & Portuguese	no
<b>Mosaic Circles Groups:</b> Father's Circle Peace Circle Trauma Circle	<b>Mosaic Cultural Complex</b>	Brenda Jenkins at 774-823-6181	Saturdays at 4:00 PM	Men ages 17+ can attend the Mosaic Circles	Languages spoken are English and Spanish	No transportation or childcare
<b>Healthy Families Parent Support Group</b>	<b>MSPCC</b> 108 Belmont Street Worcester, MA 01605	Speak directly to your home visitor	May-June (6 week sessions)	Only Parents enrolled in MSPCC Healthy Families Program (for first-time parents under the age of 21)	English and Spanish	Yes , bus passes for participants  Yes for childcare
<b>Support Group for Youth who have been sexually abused/assaulted</b>  Child Sexual Abuse Treatment and Recovery Program (CSTAR)	<b>MSPCC</b> 108 Belmont Street Worcester, MA 01605	CSTAR Group Leader (508) 753-2967  Please call before attending.	On-going, rolling groups running in 6-8 week cycles.  Please contact Group Leader about current and upcoming group offerings.	Youth, ages 4-18, who have been sexually abused/assaulted.  Gender & age-range vary by group cycle.  Free.	English	No child care
<b>Support Group for Caregivers of Youth who have been sexually abused/assaulted</b>  Child Sexual Abuse Treatment and Recovery Program (CSTAR)	<b>MSPCC</b> 108 Belmont Street Worcester, MA 01605	CSTAR Group Leader (508) 753-2967  Please call before attending.	On-going, rolling groups running in 6-8 week cycles.  Please call about current and upcoming group offerings.	Parents and caregivers of youth who have been sexually abused/assaulted.  Free.	English	Bus passes available  No child care

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<p><b>Worcester Adoptive Families Together (AFT)</b> AFT is a parent-run confidential Support Group to share personal concerns and needs around adoptive parenting. AFT provides education, advocacy, and support and welcomes adopted individuals, birth parents, foster parents and all those with a connection to adoption.</p>	<p><b>MSPCC</b> 108 Belmont St. Worcester, MA 01605</p>	<p>Deb Tambeau, -508-769-9607 Donna Warren, -508-799-2347</p> <p><a href="http://www.mspcc.org">www.mspcc.org</a></p>	<p>Meets the 3rd Thursday of the month from 7 pm – 9 pm.</p> <p>No need to register, but contact Deb or Donna to confirm meeting.</p>	<p>Open to foster, pre- and post-adoptive parents, and kinship families.</p>	<p>English</p>	<p>No childcare and no transportation</p>
<p><b>Parent Support</b> (sponsored by Catholic Charities Ginger) ----- HISET (Sponsored by Webster Adult Ed)</p>	<p><b>North Village</b> 18 Village Way Webster MA 01570 508 987-1595 ----- Contact Leslie at 508 949-8282</p>		<p>Wednesday 2-3</p> <p>----- Tuesday &amp; Thursday</p>	<p>Walk in</p> <p>-----</p>		
<p><b>Safe Homes:</b> a program supporting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people, and their straight allies, between the ages of 14 and 23. Includes support group and drop-in center.</p>	<p><b>Open Sky Community Services (formerly The Bridge of Central MA Inc.)</b> 4 Mann St Worcester, MA 01602</p>	<p>Contact: Laura Farnsworth, Program Director 508-755-0333 ext.1142</p>	<p>Every Thursday from 6:30-9pm</p>	<p>Youth ages 14-23 drop-in setting, no cost, no sign up FREE</p>	<p>English</p>	<p>Bus passes available for participating youth</p>



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<b>T-Time:</b> support group for transgender and gender-nonconforming youth.	<b>Open Sky Community Services, (formerly The Bridge of Central MA Inc.)</b> 4 Mann St Worcester, MA 01602	Laura Farnsworth Program Director 508-755-0333 ext. 1142	Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of every month, 5:30-6:30 PM	FREE	English	No transportation
<b>PFLAG</b> A support group for Parents, Families, & Friends of the LGBTQ community (ages 18+)	<b>Open Sky Community Services (formerly The Bridge of Central MA Inc.)</b> 4 Mann St. Worcester, Ma 01602	Laura Farnsworth Program Director 508-755-0333 ext. 1142	Third Wednesday of each month from 7-9pm	Adults & Families 18 years and older FREE	English	No transportation
<b>Parents, Caregivers, and Grandparents of Children/Teens with Special Needs Support Group</b>	<b>(PPAL) Parent / Professional Advocacy League</b> Trinity Church 17 Congress Street Milford	Cheryl Marino <a href="mailto:marinoc@youinc.org">marinoc@youinc.org</a>  508-735-8049	Group meets the 1 <sup>st</sup> Wednesday of each month from 6 PM-8 PM	Parents, Caregivers, and Grandparents of Children/Teens with Special Needs FREE	English	Childcare and snacks provided Please RSVP for childcare
<b>Teen Youth Group HOPE (Helping Others Promote Equality)</b>  A non- therapeutic peer support group for teens with behavioral, emotional, or mental health needs.	<b>(PPAL) Parent/ Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608	<a href="mailto:Youthmovema@ppal.net">Youthmovema@ppal.net</a>  508-767-9725	Group meets on Tuesdays 5:00pm-6:30pm	Teens ages 13-19  No referral or insurance needed  FREE	English	Free dinner

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Young Adults Group: YAYA – Young Adults &amp; Youth Advocacy</b> A non-therapeutic peer support group for young adults with behavioral, emotional, or mental health needs. Focus on support and developing skills for independence.	<b>(PPAL) Parent/ Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608	<u>Youthmovema@ppal.net</u>  508-767-9725	Group meets on 1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays 5:00pm-6:30pm	Young adults ages 17-27  No referral or insurance needed.  FREE	English	Free dinner
<b>Family Network Social Support</b> For parents and caregivers of child/youth/young adult	<b>(PPAL) Parent / Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608	Kristen Solaras <u>ksolaras@ppal.net</u>  508- 767-9725	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month  5:30-7:30 pm	Parents/Caregivers and family members who support children, youth, and young adults with emotional, behavioral and/or mental health needs.  FREE	English	Snacks provided No childcare or transportation
<b>Family Network Social Support for Parents of Transition Age</b>	<b>(PPAL) Parent/ Professional Advocacy League</b> <u>Meeting is located at Kiva Center; 209 Shrewsbury St. Worcester</u>	<u>parentsupportgroup@ppal.net</u>  508-767-9725	Group meets the 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of each month  5:30-7:30 pm	Parents/Caregivers of transition age youth  FREE	English	No childcare or transportation

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Hispanic Support Group</b> A support group for Hispanic families of children or youth with emotional, behavioral and mental health needs</p>	<p><b>(PPAL) Parent/ Professional Advocacy League</b> Meeting is located at CENTRO 11 Sycamore Street Worcester, MA 01608</p>	<p>Ana Marchan <a href="mailto:amarchan@ppal.net">amarchan@ppal.net</a>  508-767-9725</p>	<p>Group meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month  10 AM-12 PM</p>	<p>A support group for Hispanic families of children or youth with emotional, behavioral and mental health needs. FREE</p>	<p>Primarily Spanish, but all are welcome</p>	<p>No childcare or transportation</p>
<p><b>Parents Helping Parents</b> Parent Support Groups are free, confidential, and anonymous. These groups 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.</p>	<p><b>Parents Helping Parents</b> 108 Water St, Watertown, MA 02472 (617) 926-5008</p>	<p>Jennifer 508-481-0203</p>	<p>Tuesdays 6:00 - 7:00 pm  <b>The group is held at: **Family Services of Central Massachusetts 31 Harvard St, Worcester MA</b></p>	<p>Free</p>	<p>English</p>	<p>No</p>
<p><b>Parental Stress Line:</b> for those who can't attend meetings or who would like to discuss problems on an emergency basis.</p>	<p><b>Parents Helping Parents</b></p>	<p>Call 1-800-632-8188, 24 hours a day. <a href="http://parentshelpingparents.org">parentshelpingparents.org</a></p>	<p>N/A</p>	<p>No Cost</p>	<p>Translation service in all languages is available.</p>	<p>N/A</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Sexual Assault Groups</b> (Healing Circles)</p> <p>Topics include but not limited to:</p> <ul style="list-style-type: none"> <li>• Rape Survivors,</li> <li>• Adult Survivors of Childhood Sexual Abuse/Incest;</li> <li>• Teen</li> <li>• College Age</li> <li>• Latino/a (Spanish Speaking)</li> <li>• Male Survivors</li> <li>• LGBT (adult and youth),</li> <li>• Healing Through Creativity</li> <li>• Deaf Survivors (ASL)</li> <li>• Non-offending family, friends, partners <i>and any individuals regardless of race, ethnicity, ability, sexuality, gender or economic status</i></li> </ul>	<p><b>Pathways for Change, Inc.</b></p> <p>588 Main Street, Worcester, MA 01608 and 275 Nichols Rd, Fitchburg, MA 01420</p> <p>24 hour hotline: 1-800-870-5905 (English)</p> <p>Office: 508-852-7600</p>	<p>1. Linda 508-852-7600 X113 (M-F 9-5) <a href="mailto:lrutherford@pathwaysforchange.org">lrutherford@pathwaysforchange.org</a></p> <p>2. Stephanie 508-502-7681 (video phone M-F 9-5, info in ASL) <a href="mailto:sreynolds-king@pathwaysforchange.org">sreynolds-king@pathwaysforchange.org</a></p> <p>3. Heidi Sue 508-852-7600 x 117 (M-F 9-5)</p>	<p>Call for more information</p>	<p>All are services are FREE; Confidential</p>	<p>English, Spanish, Portuguese, Vietnamese German &amp; ASL</p>	<p>Offices are on bus routes and next to municipal parking garage</p> <p>Bus and parking passes available</p> <p>No Child Care</p>

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Nurturing Father's Group</b>	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610	Chris Nelson (508)755-1228 Ext. 231	Wednesday's : (6 -7:15 pm)	All fathers must have current DCF involvement and be referred through the Family Networks Department. Court referred fathers may attend when space is available	English	No
<b>Parenting Class</b>	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610	Chris Nelson 508-755-1228 Ext.231	Wednesdays (10-12 weeks) 3:00-4:30 PM or 4:30-6:00 PM	For DCF referred families only; ask your worker for a referral	English	No
<b>Pernet Early Intervention Groups</b>	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610	Patricia Pichette 508-755-1228	Mondays and Thursdays 10:30-12 PM Tuesdays 10-11:30 AM (for babies under 12 months old)	For children ages 0-3 enrolled in Early Intervention (EI) at Pernet. Call to see if your child is eligible. Family members and friends ages 0-3 are welcome too. No cost to families.	English	Transportation provided for children enrolled in EI.

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Support group for Caregivers of Elders or Disabled Adults	<b>St. Francis Adult Day Health</b> 37 Thorne Street Worcester, MA 01604	508-755-8605	Meets the last Tuesday of each month from 6:30 – 8:00pm	FREE  For any Caregivers of Elders or Disabled Adults	English	Refreshments served  No Transportation
<b>The Worcester SafePlace Group</b>  Peer-led support group for Survivors of Suicide	<b>Samaritans</b> 41 West Street 4th Floor Boston, MA 02111 <u>Meets at 4 Mann St., Worcester, MA 01602</u>	Emily Britt 617-536-2460 <a href="mailto:safeplace@samaritanshope.org">safeplace@samaritanshope.org</a>	1st & 3 <sup>rd</sup> Tuesday of every month, 7-8:30pm	All survivors of suicide loss	English	No Transportation
<b>After-school activities and academic support.</b>	<b>Southeast Asian Center</b> 484 Main Street, Suite 400 Worcester, MA 01608	508-791-4373	Wed-Fri 4pm-8pm.	For youth ages 9-19 Free	English & Southeast Asian languages	Transportation available on a case-by-case basis No childcare
<b>Partial Hospitalization and Day Treatment program</b> Partial Hospitalization Program (PHP) Intensive Outpatient Addiction Program (IOP) Structured Outpatient Addiction Program (SOAP) Day Treatment	<b>South Bay Day Services</b> 340 Main St. Suite 819 Worcester MA 01606	For referrals to please contact: 508-752-3969 Victoria Lepore extension x1228 or Melody L'Etoile Program Director extension x1203	Office Hours: Monday-Friday from 8:30 AM-4:30 PM	Insurance based payment This program is for adults male and females age 18+ with mental illness or dual diagnosis.	English and Spanish	Transportation based on insurance

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<b>Toddler Play Group</b>  Playgroups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends.	<b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603	Amy Capelle 774-823-1500	Tuesday – Friday, 10:00am – 12:30pm Tuesday- Thursday 2:00pm-4:30pm	Children 18mo-3yrs  FREE, but must be enrolled in Early Intervention (EI) services	English and Spanish	Transportation for families enrolled in Early Intervention
<b>Baby and Me</b>	<b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603	Amy Capelle 774-823-1500	Mondays 10- 11:30 AM	Mothers and their babies under 18 months		
<b>Positive Solutions for Families</b>  A 6 week parenting course	<b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603	Amy Capelle 774-823-1500	Meets on a rotating 6 week basis on Thursday afternoons from 3-4:30 PM  *BY RESERVATIO N – Please call ahead	Geared toward families with children 5 and under, meets the requirement for a parenting class in all DCF service plans.	English	Snacks included
Prepare for the HiSET, meet other young parents, gain life skills, job search support, and child care resources	<b>Training Resources of America</b> 2 Foster Street, 3 <sup>rd</sup> Floor Worcester, MA	Call Judy 508-753-2991	Call for dates and times	14-24 year olds who are pregnant or parenting and receiving TAFDC	English	Call to verify

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Worcester Aftercare Program through Straight Ahead Ministries.</b></p> <p>Reintegration Services From Lock Up to Independence We provide reintegration services through (1) assistance with relationship building through the provision of caring adult mentors, (2) educational services (3) employment &amp; training and placement opportunities (4) case management to address barriers</p>	<p><b>Straight Ahead Ministries</b> 791 Main Street Worcester, MA 01610 (508)753-8700</p>	<p>Angel Guzman 508-753-8700 x111</p>	<p>Ongoing</p>	<p>For young men and women (ages 14-24) who have been detained or sentenced and served time for a nonsexual criminal law violation within the past 90 days</p>	<p>English &amp; Spanish</p>	
<p>Nutrition Support/ breastfeeding Peer Counseling WIC is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to Massachusetts families who qualify. WIC stands for Women, Infants and Children</p>	<p><b>Worcester WIC program.</b> <b>Family Health Center of Worcester</b> 199 Chandler Street Worcester, MA 01609</p>	<p>Family Health Center, 508-796-7000</p> <p>Edward M. Kennedy Health Center, 508-853-2904</p> <p>Plumley Village, 508-799-9392</p> <p>Mill Swan Head Start, 508-755-4750 (only Tuesdays)</p>	<p>Call for an appointment or walk In Monday-Friday 8:30 to 3:00pm</p> <p>199 Chandler St, Worcester, MA Tuesday, Thursday, Friday 8:30- 5:00 Monday &amp; Wednesday 8:30am – 7:30pm</p>	<p>WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 or a pregnant woman. Mass health standard &amp; DTA recipients automatically qualify.</p>	<p>All Languages</p>	<p>No childcare and no transportation</p>



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Community Public Access Center- TV Production classes, volunteer opportunities. Youth media programming, non-profit outreach, grassroots television journalism &amp; more. Participatory inclusive media and creative center. Helping support groups to educate and inform the public through use of a television and web forums</p>	<p><b>WCCA TV 13 “The People’s Channel”</b> 415 Main Street Worcester, MA</p>	<p>Mauro DePasquale Executive Director (508)755-1880 Ext. 111</p>	<p>Scheduled basis- 9am-closing</p>	<p>Anyone who lives, works, or studies in Worcester</p>	<p>Mainly English however programs offered in numerous languages.</p>	<p>No transportation or child care offered</p>
<p><b>Active Parenting of Teens</b> A 6-week parenting education series where parents and teen break out into their own nurturing session then the family comes back together for family time. Group is facilitated by a licensed clinician.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Offered twice yearly.</p>	<p>Parents of teens and teenagers  FREE</p>	<p>English</p>	<p>Bus passes and light snack.</p>
<p><b>DBT (Dialectical Behavioral Therapy) Group For Teens</b> For teens who are ready to gain control of their emotions and discover a life worth living</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Coming this Spring!  Call for more information</p>	<p>FREE  For Adolescents ages 13-17</p>	<p>English</p>	<p>Bus passes and a light snack</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Effective Co-Parenting</b> For one or both parents who are parenting separately. Learn ways to co-parent when you are not living with the other parent; ways to improve communication skills and reduce conflicts. Group is facilitated by a licensed clinician.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>5 weeks Offered twice a year  Call for more information</p>	<p>FREE</p>	<p>English</p>	<p>Limited bus passes, childcare, and a light meal.</p>
<p><b>Family Needs Committee</b> Forum for parents and caregivers to interact with and offer input to local service providers. Activities to promote parent leadership and peer support.</p>	<p>YOU, Inc. <b>Worcester Community Connections Coalition</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>The 2<sup>nd</sup> Tuesday of each month (September-June) 5-6:30 PM</p>	<p>All parents or caregivers  FREE</p>	<p>English</p>	<p>Limited bus passes, childcare, and a light meal.</p>
<p><b>Grandparents Raising Grandchildren:</b> A support group for grandparents raising their grandchildren with an emphasis on helping caregivers connect to community resources</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Call for more information</p>	<p>Grandparents who act in a parenting role for their grandchild.  FREE</p>	<p>English</p>	<p>Limited bus passes</p>

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Nurturing Fathers program</b> An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> <i>in collaboration with the MA Department of Children and Families</i> 484 Main Street, Worcester MA 01608</p>	<p>508-796-1411</p>	<p>13 sessions, offered once a year with fall start date</p>	<p>FREE  All parents who identify as a father</p>	<p>English</p>	<p>Limited bus passes, child care, and a light meal.</p>
<p><b>Nurturing Families in Substance Abuse Treatment &amp; Recovery,</b> A group for parents and parenting partners recovering from substance abuse.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> <i>in collaboration with the MA Department of Children and Families</i> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>17-week program, offered once a year with fall start date</p>	<p>FREE</p>	<p>English</p>	<p>Limited bus passes, child care, and a light meal.</p>
<p><b>Nurturing Families</b> A group for parents and their children to gather support from their families. Sessions include time spent together as a family sharing a meal and group breakout sessions by age group for parents and children.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> <i>in collaboration with the MA Department of Children and Families and the YWCA</i> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>16-week program, offered once a year with winter start date</p>	<p>FREE  Participation of entire family including all parents and children in the household required</p>	<p>English</p>	<p>Limited bus passes, child care, and a light meal.</p>

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Parenting Journey</b> The Parenting Journey is a 12-week journey designed for parents who want to learn more about themselves, their childhood relationships, and the relationships with their children. Participants will also learn about resources to help with parenting.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>12-week sessions; one in the Fall and one in the Spring</p>	<p>All parents or caregivers  FREE</p>	<p>English &amp; Spanish</p>	<p>Limited bus passes, childcare, and a light meal.</p>
<p><b>Parent Leadership Training</b> Resident, parent leaders are needed to help address the complex problems that exist in our community and the PEP program prepares individuals to go back into their neighborhoods and schools as effective leaders, ready to make a difference.</p>	<p>YOU, Inc. <b>Worcester Community Connections Coalition</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Offered once a year</p>	<p>Any Worcester parent/caregiver</p>	<p>English &amp; Spanish</p>	<p>Bus passes and dinner</p>
<p><b>Self-Care Latino Support Group</b> Come meet with other parents, get support, and learn from guest speakers who will present important subjects for parents and the community.</p>	<p>YOU, Inc. <b>Worcester Family Resource Center</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Wednesdays 11:30-12:30pm</p>	<p>All Spanish-speaking parents and caregivers  FREE</p>	<p>Spanish</p>	<p>Limited bus passes, childcare, and a light breakfast.</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b>Playgroups</b> Playgroups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends. Come and enjoy the company of other families with young children. Books, puzzles, toys, blocks, and more await you and your child!</p>	<p><b>Worcester Family Partnership</b> 130 Leeds Street Worcester, MA 01606 (508) 799-3136</p>	<p>(508)799-3136</p>	<p>Times and locations vary – please call or visit website: <a href="http://worcesterschools.org/worcester-family-partnership">http://worcesterschools.org/worcester-family-partnership</a></p>	<p>Children ages 0-5  An adult must stay with the child.</p>	<p>English and Spanish</p>	<p>Bus passes available if needed.</p>
<p><b>Low Vision support group</b></p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p>	<p>Mass Association for the Blind and Visually Impaired 508-854-0700 Or the Worcester Senior Center 508-799-1232</p>	<p>3<sup>rd</sup> Friday of the month 10 AM-noon</p>	<p>Anyone with low vision  No cost</p>	<p>English</p>	<p>Call WRTA re: ADA Transportation 508-752-9283</p>
<p><b>African American Elder Group</b></p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p>	<p>508-799-1232</p>	<p>Thursdays at 10 AM</p>	<p>Free African American elders</p>	<p>English</p>	<p>Call WRTA re: ADA Transportation 508-752-9283</p>
<p><b>Vietnamese Elder Group</b></p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p>	<p>Yung Phan 508-799-1232 ext.48006</p>	<p>Thursdays at 10:15 AM</p>	<p>Vietnamese elders</p>	<p>Vietnamese</p>	<p>Call WRTA re: ADA Transportation 508-752-9283</p>
<p><b>Chinese Elder Group</b></p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p>	<p>Wei Shi 508-799-1232 ext. 48012</p>	<p>Fridays 9-10 AM</p>	<p>Chinese elders</p>	<p>Chinese</p>	<p>Call WRTA re: ADA Transportation 508-752-9283</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Arabic Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Ward Abdulky 774-314-5756	1 <sup>st</sup> Tuesday , 2 <sup>nd</sup> Tuesday and 3 <sup>rd</sup> Tuesday 10:30-12	Arabic elders	Arabic	Call WRTA re: ADA Transportation 508-752-9283
<b>Latino Club 60+</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Jose Curet 508-799-1232 ext. 48007	Mondays and Fridays 9:30-11:30 AM	Free Latinos 60+	English/Spanish	Call WRTA re: ADA Transportation 508-752-9283
<b>Albanian Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Lindita Taka 508-799-1232 ext. 48003	Tuesdays and Thursdays 11-11:45 am	Free Albanian elders	Albanian	Call WRTA re: ADA Transportation 508-752-9283
<b>Low Vision support group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Mass Association for the Blind and Visually Impaired 508-854-0700 Or the Worcester Senior Center 508-799-1232	3 <sup>rd</sup> Friday of the month 10 AM-noon	Anyone with low vision  No cost	English	Call WRTA re: ADA Transportation 508-752-9283
<b>African American Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	508-799-1232	Thursdays at 10 AM	Free African American elders	English	Call WRTA re: ADA Transportation 508-752-9283
<b>Vietnamese Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Yung Phan 508-799-1232 x48006	Thursdays at 10:15 AM	Vietnamese elders	Vietnamese	Call WRTA re: ADA Transportation 508-752-9283
<b>Chinese Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Wei Shi 508-799-1232 x48012	Fridays 9-10 AM	Chinese elders	Chinese	Call WRTA re: ADA Transportation 508-752-9283
<b>Arabic Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Ward Abdulky 774-314-5756	1 <sup>st</sup> Tuesday, 2 <sup>nd</sup> Tuesday and 3 <sup>rd</sup> Tuesday 10:30-12	Arabic elders	Arabic	Call WRTA re: ADA Transportation 508-752-9283

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Latino Club 60+</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Jose Curet 508-799-1232 x48007	Mondays and Fridays 9:30-11:30 AM	Free Latinos 60+	English/Spanish	Call WRTA re: ADA Transportation 508-752-9283
<b>Albanian Elder Group</b>	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Lindita Taka 508-799-1232 ext. 48003	Tuesdays and Thursdays 11-11:45 am	Free Albanian elders	Albanian	Call WRTA re: ADA Transportation 508-752-9283
<b>Worcester Youth Center</b>  Academic and Work Readiness & drop-in programs (including HiSET (formally known as GED) and college access)	<b>Worcester Youth Center</b> 326 Chandler Street Worcester, MA 01602	508-791-4702 Member Services	Monday-Fridays 2:00-7:00 pm  HiSET Tuesdays, Wednesdays, and Thursdays 10 AM-12 PM	Youth Ages 14-24 No cost, membership form Youth ages 16-24 for HiSET	English/Spanish	Transportation for youth in the evenings going home.
<b><u>Healthy Relationships II (English-Speaking):</u></b> (13-15 year old girls) A group to help girls improve self-esteem, build healthy relationships, address trauma, and successfully navigate adolescence.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Mondays 5-6pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b><u>OP Substance Use for Adolescents:</u></b> Outpatient Substance Use Treatment for Adolescents</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Mondays &amp; Thursdays 4-5:15pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>YMD (Youth Making a Difference):</u></b> Therapeutic afterschool program</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>M-F, 2-6pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>REACT: Regulating Emotions through Activities and Connecting Together:</u></b> (Co-ed group for 9-12 year olds): Build emotional regulation, develop coping skills, improve communication and expression, make and maintain healthy social connections; group interventions will be experiential and activity-based.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Tuesday 4-5pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b><u>CROSSROADS: A Healthy Relationships Group for Boys:</u></b> To engage, educate, and empower BOYS (ages 14 – 18) as they navigate adolescence and begin to establish more independence.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Tuesday 5-6pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Parenting: Love More, Fix Less (PM):</u></b> For parents/caregivers of children under age 18; Building strong connections while setting healthy limits with your children	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Tuesday 6-7pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Círculo de Sanación de la Mujer: (Spanish-Speaking Women's Healing Circle):</u></b> Un grupo psicoterapéutico para ayudar a mujeres con trauma, ansiedad y / o depresión para aprender habilidades de afrontamiento	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 10-11am	Mass Health; some private insurances; private pay	Spanish	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Parenting: Love More, Fix Less (AM):</u></b> For parents/caregivers of children under age 18; Building strong connections while setting healthy limits with your children	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 11am-12pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b><u>PUNCH (Peers Uncovering New Coping Habits) I:</u></b> A co-ed group for adolescents ages 13-15 years-old who have anger management challenges to learn positive coping strategies.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 5-6pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Fostering Roots:</u></b> An ongoing, process-oriented psychotherapy group for DCF involved youth (ages 14-18) to help foster and strengthen attachment and build positive and healthy relationships.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 5-6pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>JSI Wednesday:</u></b> A group for adolescent males age 12-17 who have had harmful and/or inappropriate sexual behavior.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 6-7:30pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Healthy Relationships III:</u></b> A group to engage, educate, and empower GIRLS (ages 16 – 19) as they begin to establish more independence and transition to adulthood	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesday 6-7pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop

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<p><b><u>PUNCH (Peers Uncovering New Coping Habits) II:</u></b> A co-ed group for adolescents ages 16-19 years-old who have anger management challenges to learn positive coping strategies.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Thursday 3-4pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>Healthy Relationships I:</u></b> (9-12-year-old girls) A group to help girls improve self-esteem, build healthy relationships, address trauma, and successfully navigate the transition into adolescence.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Thursday 4-5pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>LGBTQ + YOU:</u></b> (13-16 year olds) A group for LGBTQ teens to explore their gender and sexual identities, build self-esteem, develop strategies for coping with adversity, and find support from peers with similar experiences.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Thursday 5-6pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b><u>JSI Thursday:</u></b> A group for adolescent males age 12-17 who have had harmful and/or inappropriate sexual behavior.</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Thursday 6-7:30pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>Women's Healing Circle:</u></b> An ongoing psychotherapy group for adult women with trauma, anxiety, and/or depression to process trauma, strengthen self-care strategies, and work towards healing</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Friday 12:00 – 1:00pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b><u>Hope Blooms, Resilience through Depression: For Teens</u></b> teens ages 15 to 19 who experience depression and who wish to create coping skills, develop a greater sense of social connectedness, enhanced self-esteem, self-confidence and emotional freedom.</p>	<p><b>YOU Inc.</b> 328 Main Street Southbridge MA</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Mondays 6-7pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p><b><u>Healthy Relationships I:</u></b> Girls ages 13-15 with trauma histories covering topics: Understanding healthy sexual development, Navigating social media, Building relationships that include safe boundaries &amp; positive connection</p>	<p><b>YOU Inc.</b> 328 Main Street Southbridge MA</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Tuesdays 6-7pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p>
<p><b><u>P.U.N.C.H.= Peers uncovering new coping habits</u></b> Anger Management Groups for Adolescents. Ages: 10-12, 13-15 and 16-19. Explore their unique triggers for and, responses to anger, Learn and practice safe and appropriate anger management skills, Develop more positive coping strategies Gain insight and support from peers, in a safe environment.</p>	<p><b>YOU Inc.</b> 328 Main Street Southbridge MA</p>	<p>Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org</p>	<p>Wednesdays</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p>

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<b><u>S.K.I.L.L.E.D Group – Supporting Kids In Learning Emotional Development</u></b> - Play therapy and activity based self-regulation group for children ages 7-9, multi-gender.	<b>YOU Inc.</b> 328 Main Street Southbridge MA	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesdays, 5:15 – 6:15pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients
<b><u>Healthy Relationships II:</u></b> Girls ages 16-19 with trauma histories, covering topics: Understanding healthy sexual development, Navigating social media, Building relationships that include safe boundaries & positive connection	<b>YOU Inc.</b> 328 Main Street Southbridge MA	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Thursdays 6-7pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients
<b><u>Fostering Hope; Resilience through Depression</u></b> adults age 20+ who experience depression and who wish to create coping skills, develop a greater sense of social connectedness and enhance self-esteem and self-confidence.	<b>YOU Inc.</b> 328 Main Street Southbridge MA	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Fridays 12 – 1pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients

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<p>YWCA Central MA Domestic Violence Services</p> <p>Offers the following services:</p> <p>Court advocacy Support Groups for adults, teens and children Deaf and Hard of Hearing Healthy Relationships Support group Individual short-term advocacy and counseling for adults and children Confidential Emergency Shelter Community Education Domestic Violence Education classes Economic Empowerment Workshops</p>	<p><b>YWCA of Central MA</b> 1 Salem Square Worcester, MA 01608</p>	<p>24 hour hotline/ 7 days a week: 508-755-9030 Live chat line: <a href="http://www.ywcahelp.com">www.ywcahelp.com</a></p>	<p>Call for dates, times, &amp; location</p>	<p>Victims and Survivors of Domestic Violence - both adults and children</p> <p>Children/youth who are witness to domestic violence in the home.</p> <p>No cost</p>	<p>English &amp; Spanish</p>	<p>No transportation</p>
<p>ENCOREPlus: Breast / Reproductive Cancer Support Group, including Water Exercise, Health and Wellness</p>	<p><b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608 (508) 767-2505</p>	<p>Maureen Burdulis, ENCOREPlus Facilitator (508) 767-2505 Ext. 5509</p>	<p>Held every Tuesday Water Exercise component 11:00-11:30, Support Group at noon</p>	<p>Free and open to any woman diagnosed with breast cancer or reproductive cancer.</p>	<p>English, Spanish if needed</p>	<p>No Transportation No childcare</p>

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(YPP) This program provides teen parents and pregnant teens the opportunity to complete their high school education through a Hi-SET program. Teen parents also receive community-based assistance such as childcare, case management, life and parenting skills training, job search assistance, health services, career exploration and more.	<b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608 (508) 767-2505	(508) 767-2505	Mon, Tues, Thur 9:00am-2:30pm Wed, Fri 9:00am-12:00pm	DTA referred Parents ages 24 and under, pregnant or with children	English	DTA provides childcare and transportation vouchers upon request.
Group for Refugee Children from Arabic Speaking Countries	<b>Zaza Sakhat, LICSW</b>	<a href="mailto:zaza@zsakhattherapy.com">zaza@zsakhattherapy.com</a> 508-579-2964		7-9 year-old children who are refugees from Arabic speaking countries \$25/session or insurance based	Arabic	

*While our intent was to include accurate data on local human service agencies, some inadvertent errors or omissions may have occurred and some changes will undoubtedly take place between printing and distribution. Please contact 508-796-1411 with further updates*

