

# Support Groups in Worcester, MA

3/17



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<ul style="list-style-type: none"> <li>○ Latino Support Group</li> <li>○ HIV support group for Gay men.</li> <li>○ Horizon Transgender Group (ages 35 + up)</li> <li>○ Trans4mation group for transgender, gender variant, and questioning individuals, ages 18-35</li> <li>○ SWAGLY: drop-in group for LGBTQ youth and allies ages 12-22</li> <li>○ The Empowerment Group</li> <li>○ NEW drop in group on Fridays</li> </ul>	<p><b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604 508-755-3773</p>	<p>508-755-3773 Speak with receptionist</p>	<p>Call for days and times</p>	<p>Clients living with HIV/AIDS</p> <p>Bisexual and Transgender individuals, parents, families and friends.</p>	<p>English &amp; Spanish</p>	<p>No Transportation No Child Care</p>
<p><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.</p>	<p><b>AdCare</b> AdCare Outpatient Services 95 Lincoln Street Worcester, MA 01605</p>	<p>508-453-3053</p>	<p>4<sup>th</sup> Wednesday of the month, 6 PM</p>	<p>No Cost / Open to anyone concerned with the substance use of a family member or friend.</p>		

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<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 – Founder's Room 107 Lincoln Street Worcester, MA 01605	508-799-9000	Every Thursday at 6:30 PM	No Cost / Open to anyone concerned with the substance use of a family member or friend.		
<b>Worcester Outpatient Parenting Program:</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	No Cost / 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>Various early recovery groups and intensive outpatient treatment programs</b>	<b>AdCare</b> Adcare Outpatient Services 95 Lincoln Street Worcester, MA 01605	508-453-3053	Please call for more information	Please call for more information		
Teen Group A therapeutic partial hospitalization program for teens ages 13-17	<b>Arbour Counseling</b> 411 Chandler Street Worcester, MA  1-800-222-2237	Jennifer  (774) 243-7486 X 4	Everyday 9am-3pm  *Call Intake Line to Register	Teens ages 13-17  *not a support group but a partial hospitalization program. Step down from inpatient*	English	No transportation, no childcare

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Various Support and Educational programs for individuals with autism and their caregivers	<b>HMEA's 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: <a href="http://www.autismresourcecentral.org/">http://www.autismresourcecentral.org/</a>	Go to their website for more information <a href="http://www.autismresourcecentral.org/">http://www.autismresourcecentral.org/</a> FREE	English & Spanish	No transportation, No childcare
Financial Literacy and Support – 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: <a href="http://daveramsey.com">daveramsey.com</a>	This is open to all families seeking help in dealing with debt and living debt-free	English	No transportation or child care is available.
Yes We Care After-School Program – 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.
Safe Homes: 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 & drop-in center.	<b>The Bridge of Central MA Inc.</b> 4 Mann St Worcester, MA 01602	Contact: Laura Farnsworth Program Director 508-755-0333 ext.1142	Every Thursday from 6:30-9pm	Youth ages 14-23 drop-in setting, no cost, no sign up FREE	English	Bus passes available for participating youth
T-Time: support group for transgender and gender-nonconforming youth.	<b>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

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PFLAG A support group for Parents, Families, & Friends of the LGBTQ community (ages 18+)	<b>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
Transition to Adulthood Program	<b>Center for Living &amp; Working</b> 484 Main Street , Suite 345 Worcester, MA 01608 P:508-798-0350	Contact: Erica Torres 508-755-1746	Call for appointment: 508-798-0350	Youth ages 14-21 with a disability. Consumers can be referred by outside agencies or can call to set up an appointment. There is no cost to the consumer.	English	No
Social Skills Group for 8-10 year olds	<b>Children's Friend</b> 20 Cedar Street Worcester, MA (508) 753-5425	Intake Dept.: (508) 753-5425	Call for info	Open to all 8-10 year olds	English only	No Transportation No Childcare
Social Skills Group for 11-12 year olds	<b>Children's Friend</b> 20 Cedar Street Worcester, MA	Intake Dept.: (508) 753-5425	Call for info	Open to all 11-12 year olds	English only	No Transportation No Childcare
DBT (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 No childcare
Carriage House (grief support group)	<b>Children's Friend</b> 20 Cedar St Worcester, MA 01609 (508) 753-5425	Karen Ludington, Johanna Sagarin (508) 753-5425	Call for info	Children ages 3 to 18	English	No, transportation No child care

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Adoption parent group	<b>Adoption Journeys Housed at Children's Friend</b> 20 Cedar Street Worcester, MA In collaboration with The Attachment Institute of New England	Debbie Giza (508) 753-5425	Will be run based on interest	Any adoptive parent or caregiver	English only	No Transportation No Childcare
<b>Acceptance and Commitment Therapy (ACT):</b> helps people to live better lives that are in line with their own goals and values	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	<b>Heather Kozlowski</b> Victim Advocate 508-421-4501	Starting March 1, 2017 8-week program Wednesdays 5-6 PM Call for days and times	Open to ages 12-16  FREE	English	Child care available after 3pm for children ages 3 and up
<b>Mindfulness group:</b> Dedicated to teaching kids about mindfulness, emotional regulation, and more through fun games and activities.	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	<b>Heather Kozlowski</b> Victim Advocate 508-421-4501	Starting February 28, 2017 Tuesdays 5-6 PM 8-week program	Open to ages 8-12  FREE	English	Child care available after 3pm for children ages 3 and up. Light dinner and refreshments provided.
<b>Writing From Within:</b> An Expressive Journaling Group	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604 (in the auditorium)	<b>Heather Kozlowski</b> Victim Advocate 508-421-4501	Starting February 28, 2017 8-week program Tuesdays 4-5 PM	Open to ages 18+  FREE	English	Child care available after 3pm for children ages 3 and up

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<b>The Compassionate Friends:</b> grief support group for adults who have suffered the death of a child	<b>The Compassionate Friends</b> First Baptist Church 111 Park Avenue Worcester, MA 01609	Lisa: 774-482-0373 Mary: 508-393-7348 mjvautier@msn.com	1 <sup>st</sup> Tuesday of each month, 7:00 PM	Open to adults of any age who have suffered the death of a child  FREE		

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Abortion Recovery Support Group	<b>Clearway</b> <i>Formerly the Compassion Pregnancy Resource Center</i> Address: 358 Shrewsbury Street Worcester, Ma. 01604	(508)438-0144	Call for days/times	No Cost. Females & Males needing assistance with abortion recovery.	English	No childcare  No transportation
Pre-natal Classes <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> Trimester</li> <li>• Breast-feeding 101</li> <li>• Breast-feeding 201 and Newborn Care</li> <li>• Labor and Delivery</li> </ul>	<b>Clearway</b> <i>Formerly Compassion Pregnancy Resource Center</i> Address: 358 Shrewsbury Street Worcester, Ma. 01604	(508)438-0144	Done one on one  Call to make an appointment	No Cost	English	No childcare  No transportation
Parenting Classes	<b>Clearway</b> <i>Formerly Compassion Pregnancy Resource Center</i> Pleasant Street Baptist Church 165 Pleasant Street Worcester, MA 01609	Joyce Morse (508) 756- 8754	Meets the third Monday of the month 10 AM-12 PM	No Cost  For any parent in Worcester County	English	Childcare available depending on program capacity – call for more information  No transportation
Relapse Prevention Group	<b>Counseling and Assessment Clinic</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org	Mondays 5-6pm	Various insurances accepted	English	No childcare Transportation for Mass Health Clients (PT-1s)

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Nurturing Parenting Group	<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>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	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org	Wednesdays 5:30-7:30 pm Saturdays 10-12	Private pay only	English	No childcare No transportation
Anger Management	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org	Thursdays 6-7 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)
Dual Diagnosis	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org	Wednesdays and Thursdays 12:30- 1:30 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)



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Substance Abuse Education group	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org	Saturdays 12-1 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)
Second Offender Aftercare Program	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 Cacworchester.org		Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)
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 (best way to contact): sean@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.
REFUGEE GROUPS- 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	Sue Schlotterbeck 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

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Grandparents Raising Grandchildren Support Group	<b>Elder Services of Worcester Area, Inc</b>  <b>Group held at:</b> YWCA 1 Salem Square Worcester 01608	Debbie Dowd-Foley at Elder Services of Worcester- 508-756-1545	Meets the 2 <sup>nd</sup> Tuesday of each month from 6-8pm	For Grandparents and other kin	English	Free childcare Transportation- none
Nurturing Fathers  An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men. <b>*offered in Whitinsville, MA</b>	<b>Family Continuity Programs</b> 29 E. Mountain Street, 2 <sup>nd</sup> floor Worcester 508.755.0556  76 Church Street Whitinsville, MA	Christina, Intake Specialist  508-234-4181 x 5096	Offered in 13 week cycles	Primarily DCF referred Covered by various insurances  Must register to attend	English	
<b>Baby Café</b> A place where moms can drop-in and receive free breastfeeding support and assistance from lactation professionals and other moms.	<b>Family Health Center of Worcester</b> 26 Queen Street Fuller Room, First Floor Worcester, MA	508-762-5700 ex. 3 or 508-860-7721  www.BabyCafeUSA.org	Mondays 4:30 PM-6 PM Fridays 11 AM-1 PM	FREE	Interpreter services available	Refreshments served. Support people and siblings welcome. Free parking and bus passes available.
<b>Mindfulness Based Childbirth and Parenting (MBCP)</b> Participants will develop life skills which can help with pregnancy, labor and birth, and parenting.	<b>Family Health Center of Worcester</b> 26 Queen Street Ground Floor Conference Room 1 Worcester, MA 01610	Jen Moffitt, CNM 508-860-7721 Jennifer.moffittf@umassmed.edu	Saturdays April 8, 2017- June 17, 2017 10 AM-1 PM	FREE: Pregnant women and their support people will receive childbirth education, breastfeeding/new-born preparation, and mindfulness training.	English	Lunch shared at each class. Bus passes available.

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<b>MotherWoman Postpartum Group</b> Come find a community of support in a safe space with other new mothers as you experience the ever-changing realities during your baby's first year of life.	<b>Family Health Center of Worcester</b> 26 Queen Street Fuller Room, First Floor Worcester, MA 01610	Athraa Jabbar 508-860-7753  www.MotherWoman.org	Wednesdays 2 PM-3:30 PM	FREE	Interpreter services available	Refreshments served. Children ages 0-1 year old are welcome.
Dialectical Behavior Therapy (DBT): The group focuses on treating people with borderline personality disorder (BPD) as well as chronically suicidal individuals. It combines standard cognitive-behavioral techniques for emotion regulation and reality-testing.	<b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220	508-753-3220	Tuesdays from 1:15-2:15	The group focuses on treating people with borderline personality disorder (BPD) as well as chronically suicidal individuals.  Insurance based – various private and public insurances accepted	English	No childcare or transportation
Suboxone Group: narcotic addiction support group	<b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220	508-753-3220 x4  No need to call – walk-in group	Thursdays, 11:15-12:00	Open to anyone with a narcotic addiction  Insurance based – various private and public insurances accepted	English	No childcare or transportation
Continuing Care Group: Open forum to discuss depression, anxiety and other issues in your life	<b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220	508-753-3220 x2  No need to call – walk-in group	M & F 10-30-11:30	Open to anyone  Insurance based – various private and public insurances accepted	English	No childcare or transportation

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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
Therapeutic support group:  For people who have been impacted by an under the influence incident including, but not limited to, the loss of a loved one.	<b>LUK Crisis Center Inc.</b> 40 Southbridge Street, 4 <sup>th</sup> floor Worcester, MA 01608	Call 978-345-0685	Contact for dates and times	For anyone affected by someone operating under the influence incident – all ages encouraged to attend No cost	English	Yes, transportation Yes, childcare
<b>Mosaic Circles Groups:</b> Father's Circle Peace Circle Trauma Circle	<b>Mosaic Cultural Complex</b>	Brenda Jenkins at (508) 963-3878	Saturdays at 4:00 PM	Men ages 17+ can attend the Mosaic Circles	Languages spoken are English and Spanish	No transportation or childcare

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Healthy Families Parent Support Group	<b>MSPCC</b> 335 Chandler Street Worcester, MA 01602	Speak directly to your home visitor	May-June (6 week sessions)	Only Parents enrolled in MSPCC Healthy Families Program	English and Spanish	Yes for transportation Yes for childcare
Support Group for Youth who have been sexually abused/assaulted  Child Sexual Abuse Treatment and Recovery Program (CSTAR)	<b>MSPCC</b> 335 Chandler Street Worcester, MA 01602	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	Bus passes available  No child care
Support Group for Caregivers of Youth who have been sexually abused/assaulted  Child Sexual Abuse Treatment and Recovery Program (CSTAR)	<b>MSPCC</b> 335 Chandler Street Worcester, MA 01602	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.	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.</p> <p>AFT provides education, advocacy, and support and welcomes adopted individuals, birth parents, foster parents and all those with a connection to adoption.</p>	<p>MSPCC Office, 335 Chandler St., Worcester, MA <u>Meet in the Community Room at NuCafe directly next door</u></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>Parents, Caregivers, and Grandparents of Children/Teens with Special Needs Support Group</b></p>	<p><b>(PPAL) Parent / Professional Advocacy League</b> The Trinity Episcopal Church 17 Congress Street Milford</p>	<p>RSVP: <a href="mailto:marinoc@youinc.org">marinoc@youinc.org</a> 508-735-8049</p>	<p>Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 6 PM-8 PM</p>	<p>Parents, Caregivers, and Grandparents of Children/Teens with Special Needs FREE</p>	<p>ASL interpreters at every meeting</p>	<p>Pizza and childcare provided Please RSVP if childcare is needed</p>

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<p>Teen Youth Group: HOPE- Helping Others Promote Equality–</p> <p>A non- therapeutic peer support group for teens with behavioral, emotional, or mental health needs.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League – Worcester</b></p> <p>40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Dani Walsh, Youth Program Manager 508-767-9725</p>	<p>Group meets on Tuesdays 5:00pm-6:30pm</p>	<p>Teens ages 13-19 years old who are living with emotional, behavioral or mental health needs. No referral or insurance needed FREE</p>	<p>English only</p>	<p>Free dinner</p>
<p>Young Adults Group: YAYA – Young Adults &amp; Youth Advocacy</p> <p>A non-therapeutic peer support group for young adults with behavioral, emotional, or mental health needs. Focus on support and developing skills for independence.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League</b></p> <p>40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Dani Walsh, Youth Program Manager 508-767-9725</p>	<p>Group meets on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays 5:00pm-6:30pm</p>	<p>Young adults ages 17-27 who are living with emotional, behavioral, or mental health needs. No referral or insurance needed. FREE</p>	<p>English</p>	<p>Free dinner</p>
<p>Parent/Caregiver Support Group. If you're raising a child/youth/teen that is challenging and has emotional, behavioral, and/or mental health needs; please come and meet other parents and caregivers who understand the struggles and victories of raising exceptional and challenging kids.</p>	<p><b>(PPAL) Parent / Professional Advocacy League</b></p> <p><b>New group location:</b> The Guild of St. Agnes 179 Granite Street Worcester, MA 01608</p>	<p>Group Facilitator- Anne Hurst ahurst@ppal.net</p> <p>Must RSVP to parentsupportgroup@ppal.net 508- 767-9725</p>	<p>Group meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month 5:30pm-7:30pm</p>	<p>Parents/Caregivers and family members who support children, youth, and teens with emotional, behavioral and/or mental health needs.</p> <p>FREE</p>	<p>English</p>	<p>Snacks provided</p> <p><b>Childcare</b> has limited space for children ages 4 and up is available. <b>Registration is required.</b></p>

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<p><b>Parent Support Group</b></p> <p>Moving Forward: Our Journey (Sterling)</p> <p>A Group for Empowering Families through Transition Age Youth Planning.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League</b></p> <p>In Sync Communication Center 1 Beverly Drive, Sterling, MA 01568</p>	<p>For more information, email <a href="mailto:ahurst@ppal.net">ahurst@ppal.net</a> or <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a> 508-767-9725</p>	<p>Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month 6:00pm – 8:00 pm</p>	<p>Parents/Caregivers and family members who support youth and adults (13 yrs. old – 30 yrs. old) with emotional, behavioral and/or mental health needs. FREE</p>	<p>English</p>	<p>Snacks provided No Child Care</p>
<p><b>Hispanic Support Group</b></p> <p>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></p> <p>40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>RSVP to <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a> For further information, contact Ana Marchan 508-767-9725 <a href="mailto:amarchan@ppal.net">amarchan@ppal.net</a></p>	<p>Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month 6:00-7:30 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 transportation</p>
<p><b>Fathers Supporting Families</b></p> <p>A support group for fathers and male caregivers of youth with behavioral and mental health needs. Explores the particular needs and perspectives of male caregivers, our roles in our loved ones' mental health treatment, as well as our roles in our families.</p>	<p><b>(PPAL) Parent / Professional Advocacy League</b></p> <p>40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Group facilitators: Josh Schram and Dennis Miles RSVP to <a href="mailto:parentsupportgroup@ppal.net">parentsupportgroup@ppal.net</a> 508-767-9725 ext. 206 (Josh)</p>	<p>Group meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month 6:00-7:30 PM</p>	<p>Fathers and male caregivers FREE</p>	<p>English</p>	<p>No childcare</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>Parental Stress Line:</b> for those who can't attend meetings or who would like to discuss problems on an emergency basis.	Parents Helping Parents	Call 1-800-632-8188, 24 hours a day. parentshelpingparents.org	N/A	No Cost	Translation service in all languages is available.	N/A
<p>Sexual Assault Groups (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) lrutherford@pathwaysforchange.help</p> <p>2. Stephanie 508-502-7681 (video phone m-f 9-5, info in ASL) sreynolds-king@pathwaysforchange.help</p> <p>3. Heidi Sue 508-852-7600 x 117 (m-f 9-5)</p>	Call for more information	All are services are FREE; Confidential	English, Spanish, Portuguese, German & ASL	<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>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Fathers Support Group	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610 (508) 755-1228	Chris Nelson (508)755-1228 Ext. 231	Every Tuesday 5:45pm- 7:15pm	Open to all fathers Open registration; begin and end at any time. After completing 12 weeks, fathers receive a certificate.	English	
Parenting Class	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610 (508) 755-1228	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	
Pernet Early Intervention Groups	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610 (508) 755-1228	Donna 508-755- 1228 ext. 245	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.

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Various peer support and learning groups for adults with mental health conditions 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 (M-F) 9:30am-3:30pm www.centralmassrlc.org  Contact: Vesper Moore</p>	<p>Various days and times  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>Offered twice a year. 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>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
For Caregivers of Elders or Disabled Adults	<b>St. Francis Adult Day Health</b> 100 Plantation Street Worcester, MA 01604 In Sisters' Dining Room	508-752-2546	Meets the 2 <sup>nd</sup> Tuesday of each month from 6:30 – 8:00pm	FREE  For any Caregivers of Elders or Disabled Adults	English	Refreshments served  No Transportation
The Worcester SafePlace Group  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>	Debbie DiMasi Director of Grief Support Services 1-617-674-5237	1st & 3 <sup>rd</sup> Tuesday of every month, 7-8:30pm	All survivors of suicide loss	English	No Transportation
Southeast Asian Teen Support / Recreation Group, 'Youth Effect'	<b>Southeast Asian Center</b> 484 Main Street, Suite 400 Worcester, MA 01608	Marc Banzuela 508-791-4373	After School for youth Wednesday-Friday 4-8 PM (every day during the summer)	For all teens ages 9-19 Free	English & Southeast Asian languages	Transportation available No childcare
Partial Hospitalization and Day Treatment program  <b>Levels of care</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 any of the programs Please contact: 508-752-3969 Victoria Lepore extension x1228 Joelle Dumont extension x1225 Or Melody L'Etoile Program Director extension x1203	Office Hours:  Monday-Friday from 8:30a m-4:30pm	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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<p>Toddler Play Group</p> <p>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.</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Tuesday – Friday, 10:00am – 12:30pm</p>	<p>Children 18mo-3yrs  FREE</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention</p>
<p>Sensory Play Group</p> <p>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.</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Fridays from 2:00-3:00pm</p>	<p>Children birth-3yrs with their parents  FREE</p>	<p>English and Spanish</p>	<p>Childcare provided  Transportation for families enrolled in Early Intervention</p>
<p>Mom’s Support Group:</p> <p>Driven by moms. Mutual support for mom’s with children from birth to six</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Mondays from 10:00-11:00am</p>	<p>Any moms looking for support</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention  snacks included, babysitting age 0-6</p>
<p>Grandparents Raising Grandchildren Support Group</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 X1501</p>	<p>Mondays from 11:30-12:30pm</p>	<p>Any grandparents looking for support</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention  snacks included, babysitting age 0-6</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>Parent Step Curriculum Group: An 8 week parenting course that focuses on practical skills you need to help your children from the start. Also provides effective discipline strategies that promote both self-esteem and mutual respect</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1500</p>	<p>Tuesdays from 5:15 – 6:15pm</p>	<p>Any parents looking for support</p>	<p>English</p>	<p>Snacks included</p>
<p>Worcester Aftercare Program through Straight Ahead Ministries.</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>Contact: Ron Waddell x106</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>	

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>Healthy Parenting Group</b> Evidence-based treatment that helps to reduce challenging childhood behaviors and reduce parental stress.</p>	<p><b>UMass Memorial Ambulatory Psychiatry</b>  279 Lincoln St. Worcester</p>	<p>508-334-2453  Robert Carey and Alisha Jaquith</p>	<p>Mondays 10-11:30 AM Beginning March 6, 2017 10 weekly sessions</p>	<p>For caregivers of children ages 2-12 years</p>	<p>English</p>	<p>No childcare; may be covered by PT1s for transportation</p>
<p><b>Nutrition Support/ Breastfeeding Peer Counseling</b> 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> 199 Chandler Street Worcester, MA 01609</p>	<p>Family Health Center, 508-796-7000  Edward M. Kennedy Health Center, 508-853-2904.  Plumley Village, 508-799-9392.  Mill Swan Head Start, 508-755-4750</p>	<p>Call for an appointment or walk In Monday-Friday 8:30 to 3:00pm  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>
<p>Community Public Access Center- TV Production classes, volunteer opportunities. Youth media programming, non-profit outreach, grassroots television journalism &amp; more  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. 11</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>

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<p><b>Parenting Separately as Partners</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.</p>	<p><b>Worcester Connections Family Resource Center of YOU Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-496-1411</p>	<p>5 weeks. When funding available; once per calendar year.</p>	<p>FREE</p>	<p>English</p>	<p>Childcare and bus passes available. A light meal served.</p>
<p><b>Family Needs Parent Group</b> Activities to promote parent leadership &amp; peer support.</p>	<p><b>WCCC /Worcester Community Connections Coalition</b> Affiliated with YOU Inc. 484 Main St., Suite 460 Worcester, MA 01608 (508)796-1411</p>	<p>Sarah Bertrand 508-796-1411 x420 or Anne Bureau at x418</p>	<p>The 2<sup>nd</sup> Tuesday of each Month At 5 pm</p>	<p>All parents or caregivers  Free of charge</p>	<p>English</p>	<p>Yes, transportation Yes, child care</p>
<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><b>Worcester Connections Family Resource Center of YOU Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>English: Esther Boama Nyarko 508-796-1411 x411  Spanish: Rosa Salazar 508-796-1411 X 416</p>	<p>12 week sessions; one in the Fall and one in the Spring  *Upcoming groups are <b>open for registration</b>  Spanish Group starting in February 2016</p>	<p>All parents or caregivers  FREE</p>	<p>English &amp; Spanish</p>	<p>Limited Childcare available and bus passes. A light breakfast served.</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>Nurturing Parenting Program</b></p> <p>A 16 week curriculum for building healthy and caring families by enhancing self-worth, empathy, discipline, and empowerment. For the whole family to attend</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> <i>in collaboration with the MA Department of Children and Families and South Bay Early Childhood</i> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Pam Moshier 508-796-1411 x417</p>	<p>16 week sessions; held once a year</p> <p>Coming again next year</p>	<p>FREE</p> <p>All parents or caregivers and the children. All attend and have a curriculum by age group.</p>	<p>English</p>	<p>Transportation and light supper.</p>
<p><b>Father's Nurturing Parenting Program</b></p> <p>An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> <i>in collaboration with the MA Department of Children and Families and South Bay Early Childhood</i> 484 Main Street, Worcester MA 01608</p>	<p>Pam Moshier 508-796-1411 x417</p>	<p>13 Sessions</p>	<p>FREE</p> <p>All fathers or male caregivers</p>	<p>English</p>	<p>Transportation and childcare</p>
<p><b>Nurturing Families in Substance Abuse Treatment &amp; Recovery,</b> parents and parenting partners recovering from substance abuse.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Pedro Espino (508)796-1411 X422</p>	<p>17 week program</p>	<p>FREE</p>		<p>Childcare and bus passes available. A light meal served.</p>

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<p><b>Self-Care, a Spanish Parent Support Group</b></p> <p>Come meet with other parents, get support and learn from guest speakers who will present important subjects for parents and the community.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Rosa Salazar 508-796-1411 X 416</p>	<p>The group currently meets weekly except for the 3<sup>rd</sup> week of each month from 9:30-11:00am Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>All Spanish speaking parents or caregivers  FREE</p>	<p>Spanish</p>	<p>Transportation and childcare and a light snack.</p>
<p><b>Grandparents Raising Grandchildren:</b></p> <p>A support group for grandparents raising their grandchildren with an emphasis on helping caregivers connect to community resources</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Anne Bureau 508-796-1411x418  <a href="http://www.worcestercommunityconnections.org">www.worcestercommunityconnections.org</a></p>	<p>Once per month on the FIRST Saturday that we are open. Varied dates From 10:45-11:45 a.m. Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Grandparents who act in a parenting role for their grandchild.  FREE</p>	<p>English and Spanish</p>	<p>Limited Bus passes and light breakfast</p>
<p><b>Successful Parenting of Teens</b></p> <p>Parents of teens a structured support group where you can ask questions, seek support and make connections with other parents.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Monique Cabral 508-796-1411x412 <a href="http://www.worcestercommunityconnections.org">www.worcestercommunityconnections.org</a></p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Thursday evening from 5:30-6:30p Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Parents and parenting partners who have a teen-aged child.  FREE</p>	<p>English</p>	<p>Limited bus passes and light snack.</p>

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<p><b>Families in Action/Teens in Action</b> A 6 week parenting education series where parents and teen break out into their own nurturing session then the family comes back together of the evening for family time.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Monique Cabral 508-796-1411x412 or Debbie Bunker x415</p>	<p>Offered twice yearly. Next class forming now. Date to be finalized late Spring</p>	<p>Parents and the teens  FREE</p>	<p>English</p>	<p>Bus passes and light snack.</p>
<p><b>Monthly Parent Workshop</b> The focus is about teaching or informing Parents who speak Spanish about a topic they about which the group has expressed an interest in learning. Outside speakers as well as in-house facilitators.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Rosa Salazar 508-796-1411 X 416</p>	<p>Each month on the 3<sup>rd</sup> Thursday from 9:30-11:30  Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Parents  FREE</p>	<p>Spanish</p>	<p>Bus passes, child care, light breakfast.</p>
<p><b>READ, PLAY CREATE</b>  Parent/Child Activity For parents of children under age 5.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Pam Moshier (508)796-1411 X 417</p>	<p>Monday Mornings 10:00 – 11:30 Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>FREE Children must be accompanied with parent. Children under age 5</p>	<p>English and Spanish</p>	<p>Bus passes are available on a limited basis.</p>

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<p><b>Parenting with Love and Logic</b> A collaboration of Worcester Public Schools and the YWCA A 5-week group for parents with very young children who are interested in raising children with nurturing methods.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	508-796-1411	Offered again in March 2016 <b>Registration is open</b>	FREE  Parents of very young children up to age 5.	English	Bus passes are available on a limited basis, childcare and light supper.
<p><b>Parenting in America</b> A 12 session parent education series that addresses the unique challenges that immigrant parents face as they—and their children—adapt to US culture.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc. and South Bay Community Services</b></p>	774-823-1500		FREE	Interpretation available depending on needs of participants	Light meal and child supervision will be provided
<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>	Beth Vietze (508)799-3136	Times and locations vary – please call or visit website: <a href="http://worcester.schools.org/worcester-family-partnership">http://worcester.schools.org/worcester-family-partnership</a>	Children ages 0-5  An adult must stay with the child.	English and Spanish	If needed.

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Low Vision	<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 508-799-1233	3 <sup>rd</sup> Friday of the month 10 a.m.-noon	Anyone with low vision  No cost	English	Call WRTA re: ADA Transportation 508-752-9283
Caregiver Support Group by Caregiver Homes	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Call Worcester Senior Center 508-799-1233	4 <sup>th</sup> Thursday of the Month 10 am – 11:30 am	No cost	English	Call WRTA re: ADA Transportation 508-752-9283
Friends of Bill W. B.B.S.S	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Call Doreen K. 508-981-8436	Fridays 12:00 - 1:30pm	No cost	English	Call WRTA re: ADA Transportation 508-752-9283
Worcester Youth Center  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 M-F 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>Healthy Relationships for Girls</b> (HR1 ages 13-15, HR2 16-19): with trauma histories and difficulty navigating puberty	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Accepting referrals HR1 Mondays 5:00-6:00pm HR2 Weds 6:00-7:00	Mass Health; 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?
<p><b>LGBTQ &amp; YOU</b> Ages 12-15 Ages 16-19 Clients struggling with issues related to gender and/or sexuality</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>Accepting Referrals 12-15 aged group Thursday 5:00-6:00pm 16-19 aged group Tuesdays 5:00-6:00</p>	<p>Mass Health; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b>JSI:</b> Group for boys with sexual offending or harmful behavior (ages 13-17)</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>Accepting referrals  Wednesdays from 6:00-7:30 or Thursdays from 6:00-7:30</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>Parenting: Love more, Fix Less:</b> For parents/caregivers of children under age 18; Building strong connections with your children. Strengthening secure attachment is the focus while also addressing discipline, self esteem and parent self care.</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>Accepting referrals  Tuesdays 10:00am-11:00</p>	<p>Mass Health; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients  Office is located by a bus stop</p>
<p><b>PUNCH! Anger Management:</b> Group treatment for middle school and high school aged youth who have difficulties managing their anger</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>Rolling Admission</p>	<p>Mass Health; 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>ASCEND:</b> Group treatment for middle school or high school aged girls who could benefit from improving interpersonal relationships, increasing self-esteem and making positive choices</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>Rolling Admission</p>	<p>Mass Health; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p> <p>Office is located by a bus stop</p>
<p><b>The Caregiver Connection:</b> Building connections with other caregivers to strengthen parent-child relationships.</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>Tuesdays 11:00am-12:00pm</p>	<p>Mass Health; private pay</p>		<p>Transportation for Mass Health Clients</p> <p>Office is located by a bus stop</p>
<p><b>Acceptance, Balance, and Change (ABC):</b> A DBT Skills Group, for youth ages 13-17. : A group for teens who struggle with overwhelming emotions, difficulty with relationships or social skills, or who could benefit from learning about Dialectical-Behavioral Therapy skills to help change unwanted behaviors, emotions, or thoughts that cause distress.</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>Accepting referrals</p> <p>Wednesdays 4:00pm-5:00pm</p>	<p>Mass Health; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p> <p>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>PACE: Play Making Adventure Challenge Experience</b>, for youth ages 8-10            Description: An active group incorporating recreational therapy, experiential education, sensory integration, and basic play to help develop communication skills, social skills, and emotional regulation.</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>Accepting referrals             Thursdays from 4:00pm-5:00pm</p>	<p>Mass Health; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients             Office is located by a bus stop</p>
<p><b><u>See Saw: A Group for Children of Substance Using Parents/Caregivers</u></b> : A 10-week group for children (ages 7-11) of adult substance users who are in, or currently working toward, recovery. Group will focus on: Psycho-education about substance use, A safe space to process guardian substance use, Prevention for at risk youth, Supporting youth to develop and practice healthy</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>Masshealth; 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>Spanish-Speaking Women's Healing Circle:</u></b> A psychotherapy group to help women with trauma, anxiety and/or depression learn coping skills/ <b><u>Círculo de Sanación de la Mujer:</u></b> Un grupo psicoterapéutico para ayudar a mujeres con trauma, ansiedad y / o depresión aprender habilidades de afrontamiento</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>Tuesdays 10:00-11:00am</p>	<p>Masshealth; private pay</p>	<p>Spanish</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 centralreferral@youinc.org</p>	<p>Fridays 11 AM-12 PM (ongoing; open enrollment)</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</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 centralreferral@youinc.org</p>	<p>Monday-Friday 1:30-3:30 (quiet time/homework) 3:30-4:45 (group)</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>

<b>Type of Group</b>	<b>Agency &amp; Address</b>	<b>Contact Name &amp; Phone Number</b>	<b>When It Meets</b>	<b>Who Is Eligible/ Cost</b>	<b>Language(s) Spoken</b>	<b>Transportation Available? / Child care?</b>
<b>Adolescent Substance Abuse Services:</b> A full continuum of care group treatment that focuses on substance abuse treatment for youth ages 11-18	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Rolling Admission	Mass Health; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Intensive Outpatient Substance Use Treatment</u></b>	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Monday-Friday 2:30-6 PM	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>OP Substance Use</u></b>	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Mondays and Thursdays 6-7 PM	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Relapse prevention parent support group</u></b>	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Tuesdays 6:30-7:30 PM	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b><u>Transitional Aged Youth</u></b> Outpatient substance use services for ages 19-22	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Wednesdays 6:30-7:30 PM	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?
<p><b>YWCA Central MA Domestic Violence Services</b></p> <p>(formerly known as Daybreak Domestic Violence Services)</p> <p>Offers the following services:            Court advocacy            Support Groups            Individual short-term advocacy counseling            Confidential Emergency Shelter            Community Education</p>	<p><b>YWCA of Central MA</b>            1 Salem Sq.            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>Adult victims of domestic violence</p> <p>No cost</p>	<p>English &amp; Spanish</p>	<p>No transportation</p>
<p>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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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 Parent Program (YPP)</b> 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) 767-2502	(508) 767-2505 x3028  Alyson Whalen	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.
<b>Young Parents Program</b> 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

*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.*  
**(Last Updated 2/17)**

