

# Support Groups and Parent Educational Groups in Worcester, MA

4/18



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Empowerment:</b> group for HIV+ women	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604	508-755-3773	Wednesdays 1-3 PM	HIV + women	English and Spanish and other language interpretation available	No transportation or childcare
<b>Trans4mation 1 and 2</b>	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604	508-755-3773	Trans4mations 1: 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays 6-8 PM Trans4mations 2: Thursdays 12-2 PM	18+ year-olds identifying as transgender, gender queer, variant, or questioning	English and Spanish and other language interpretation available	No transportation or childcare
<b>SWAGLY:</b> drop-in group for LGBTQ youth and allies ages 12-22	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604	508-755-3773	Wednesdays 5:30-8:30 PM	LGBTQ youth and allies ages 12-22	English and Spanish and other language interpretation available	No transportation or childcare
<b>Positively Powerful:</b> group for HIV+ men	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604	508-755-3773	Thursdays 2:30-4:30 PM	HIV+ men	English and Spanish and other language interpretation available	No transportation or childcare
<b>Friday Refresh</b>	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604	508-755-3773	Fridays 2-3:30 PM		English and Spanish and other language interpretation available	No transportation or childcare

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<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>Family and Friends Informational Program</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	2 <sup>nd</sup> Wednesday of the month, 6:30-7:30 PM			
<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			
<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)			
<b>SMART Recovery</b>	<b>AdCare</b> 95 Lincoln Street Worcester, MA 01605	508-799-9000 / 1-800-345-3552	Mondays 7-8 PM			

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<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	Thursdays 6:30 – 8 PM			
<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)			

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<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		
Dual Diagnosis	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30 AM-12 PM; 6-7:30 PM	Early recovery group		
Early Recovery Group	<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		
Rise & Shine Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Wednesdays 6:30 AM-8 AM	Early recovery group		

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Spanish Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Thursdays 10:30 AM-12 PM	Early recovery group		
Men's Group	<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		
Young Person's Recovery Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Monday 10:30 AM-12 PM	Early recovery group		
Whole Wellness Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Mondays 10:30 AM-12 PM	Early recovery group		
Women's Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 8:30-10 AM Wednesday 10:30 AM-12 PM	Early recovery group		
Spirituality Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesdays 10:30 AM-12 PM	Early recovery group		
Mindfulness Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Thursdays 10:30 AM-12 PM	Early recovery group		
Recovery Life Skills Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesdays 6-7:30 PM	Early recovery group		

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Spirituality Group	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Tuesday 10:30 AM-12 PM	Early recovery group		
Day treatment	<b>Adcare</b> Outpatient Services (please see above)	508-453-3053	Mondays-Sundays 8:30 AM-2:30 PM			
SOAP (Structured Outpatient Addiction Program)	<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		
IOP (Intensive Outpatient)	<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			
African Women's Support Group	<b>Angel's Net</b> 44 Front Street, Suite 550 (5th floor) Worcester, MA	508-304-1332 info@angelsnetfoundation.org		All immigrant and refugee women from Africa		

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
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 and 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	Contact: Erica Torres 508-755-1746	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. You can call the agency and ask for the I&R Specialist to get started. There is no cost to the consumer.	English	No
Support Group for Caregivers of Transgender and Gender Variant Youth	<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
Social Skills Group 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)
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 or childcare (may be eligible for PT-1)



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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 or childcare (may be eligible for PT-1)
Carriage House (grief support group)	<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
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>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	Elizabeth Nelson Victim Advocate 508-421-4501	March 6-April 24 Tuesdays 5-6 PM	Open to ages 8-12  FREE	English	Child care available for children ages 3 and up.
<b>Mindfulness parenting:</b> Dedicated to teaching parents how to help their kids manage tough behaviors and emotions effectively.	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	Elizabeth Nelson Victim Advocate 508-421-4501	March 6-April 24 Tuesdays 5-6 PM	For parents  FREE	English	Child care available for children ages 3 and up.
<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	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 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	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 Clinic</b> 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>Compassion Baby Boutique</b> 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
<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)
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)
<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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<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 5:00-7:00 pm Saturdays 10-12, 2-4	Private pay only	English	No childcare No transportation
<b>Dual Diagnosis</b>	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 cacworchester.org	Wednesdays and Thursdays 4-5 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)
<b>Substance Abuse Education group</b>	<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)
<b>SOAP (Structured Outpatient Addiction Program)</b>	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005 cacworchester.org	Monday-Friday 9-12:30 PM	Various insurances accepted	English	Transportation for Mass Health Clients (PT-11s)

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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.
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	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
Grandparents Raising Grandchildren Support Group	<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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Rainbow Lunch Club and Rainbow Supper Club	<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		
Recovery related workshops, trainings, services, meetings and social events	<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>Nurturing Fathers</b> An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men.	<b>Family Continuity Programs</b> 76 Church Street Whitinsville, MA	508-234-4181	Offered in 13 week cycles	Primarily DCF referred Covered by various insurances Must register to attend	English	No
<b>Social Skills Group</b> for 8-12 year old children	<b>Family Continuity Programs</b> 76 Church Street Whitinsville, MA	508-234-4181	Thursdays 4-4:50 PM	Covered by various insurances Must register to attend	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
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
<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

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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 (for first-time parents under the age of 21)	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. 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> 335 Chandler St. Worcester, MA</p>	<p>Deb Tambeau, -508-769-9607 Donna Warren, -508-799-2347  <a href="http://www.mspcc.org">www.mspcc.org</a></p>	<p>Meets the 3rd Thursday of the month from 7 pm – 9 pm.  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> Trinity Church 17 Congress Street Milford</p>	<p>RSVP: Cheryl Marino, <a href="mailto:marinoc@youinc.org">marinoc@youinc.org</a> 508-735-8049</p>	<p>Group meets the 1<sup>st</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>English</p>	<p>Childcare and snacks provided Please RSVP for childcare</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>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</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>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><b>Worcester Parent/Caregiver Support Group</b></p> <p>If you're raising a child/youth/young adult that is challenging, come 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>40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Kristen Solaras ksolaras@ppal.net 508- 767-9725</p>	<p>1<sup>st</sup> Tuesday of the month 10-11:30am 4<sup>th</sup> Thursday of the month 5pm-7pm</p>	<p>Parents/Caregivers and family members who support children, youth, and young adults with emotional, behavioral and/or mental health needs.  FREE</p>	<p>English</p>	<p>Snacks provided No childcare or 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?
<b>Worcester Parents of Transition Age Support Group</b>	<b>(PPAL) Parent/ Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608	Pedro Espino <a href="mailto:pespino@ppal.net">pespino@ppal.net</a> 508-767-9725	Group meets the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month 5-6:30 PM	Parents/Caregivers of transition age youth  FREE		No childcare or transportation
<b>Hispanic Support Group</b> A support group for Hispanic families of children or youth with emotional, behavioral and mental health needs	<b>(PPAL) Parent/ Professional Advocacy League</b> At CENTRO 11 Sycamore Street Worcester, MA 01608	Ana Marchan 508-767-9725 <a href="mailto:amarchan@ppal.net">amarchan@ppal.net</a>	Group meets the 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of each month 10 AM-12 PM	A support group for Hispanic families of children or youth with emotional, behavioral and mental health needs. FREE	Primarily Spanish, but all are welcome	No childcare or transportation
<b>Leominster Family &amp; Friends Support Group Social</b>	<b>(PPAL) Parent/ Professional Advocacy League</b> Health Alliance Hospital—Guild Building	Kathy LeDoux <a href="mailto:kledoux@ppal.net">kledoux@ppal.net</a> 508-767-9725	Group meets the 2 <sup>nd</sup> Wednesday of each month 4:30-6:30 PM			No childcare or transportation
<b>Lancaster Parents of Transition Age Youth Support Group</b>	<b>(PPAL) Parent/ Professional Advocacy League</b> Perkins School Library 975 Main Street, Lancaster MA	Anne Hurst 508-767-9725 <a href="mailto:ahurst@ppal.net">ahurst@ppal.net</a>	Group meets the 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month 6-8 PM	Parents/Caregivers of transition age youth  FREE		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>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>Family Services of Central Massachusetts</b> 31 Harvard St, Worcester MA</p>	<p>Jennifer 508-481-0203</p>	<p>Tuesdays 6:00 - 7:00 pm</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. parentshelpingparents.org</p>	<p>N/A</p>	<p>No Cost</p>	<p>Translation service in all languages is available.</p>	<p>N/A</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>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>	<p>Call for more information</p>	<p>All are services are FREE; Confidential</p>	<p>English, Spanish, Portuguese, 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?
Fathers Support Group	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610	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	No
Parenting Class	<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
Pernet Early Intervention Groups	<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?
<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 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>

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	508-752-2546	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
The Worcester SafePlace Group  Peer-led support group for Survivors of Suicide	<b>Samaritans</b> 41 West Street 4th Floor Boston, MA 02111 Meets at 4 Mann St., Worcester, MA 01602	Debbie DiMasi Director of Grief Support Services 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	508-791-4373	After School for youth Wednesday-Friday 4-8 PM (every day during the summer)	For youth ages 9-19 Free	English & Southeast Asian languages	Transportation available on a case-by-case basis 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 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

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>Toddler Play Group</b></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>Amy Capelle 774-823-1500</p>	<p>Tuesday – Friday, 10:00am – 12:30pm Tuesday-Thursday 2:00pm-4:30pm</p>	<p>Children 18mo-3yrs  FREE, but must be enrolled in Early Intervention (EI) services</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention</p>
<p><b>Circle of Hope</b></p> <p>Infant Loss and Stillbirth support group</p>	<p><b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Jillian Phillips 774-823-1500</p>	<p>3<sup>rd</sup> Monday of the month, 6:30-8 PM</p>	<p>Mothers who have experienced a stillbirth or infant loss By registration only</p>		
<p><b>Baby and Me</b></p>	<p><b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Amy Capelle 774-823-1500</p>	<p>Mondays 10-11:30 AM</p>	<p>Mothers and their babies under 18 months</p>		
<p><b>Positive Solutions for Families</b></p> <p>A 6 week parenting course</p>	<p><b>South Bay Early Childhood</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Amy Capelle 774-823-1500</p>	<p>Meets on a rotating 6 week basis on Thursday afternoons from 3-4:30 PM</p>	<p>Geared toward families with children 5 and under, meets the requirement for a parenting class in all DCF service plans.</p>	<p>English</p>	<p>Snacks included</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>Worcester Aftercare Program through Straight Ahead Ministries.</p> <p>Reintegration Services From Lock Up to Independence</p> <p>We provide reintegration services through</p> <p>(1) assistance with relationship building through the provision of caring adult mentors,</p> <p>(2) educational services</p> <p>(3) employment &amp; training and placement opportunities</p> <p>(4) case management to address barriers</p>	<p><b>Straight Ahead Ministries</b></p> <p>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>	

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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>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  Edward M. Kennedy Health Center, 508-853-2904  Plumley Village, 508-799-9392  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  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>

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 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 Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-496-1411</p>	<p>5 weeks Offered 1-2 times a year  Next session starts 5/24!</p>	<p>FREE</p>	<p>English</p>	<p>Childcare and limited bus passes available. A light meal served.</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><b>Worcester Family Resource Center of YOU, Inc.</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>Childcare and limited bus passes available. A light meal served.</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 Family Resource Center of YOU, Inc.</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>Childcare and limited bus passes available. 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>Father's Nurturing Parenting Program</b> An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men</p>	<p><b>Worcester 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>	508-796-1411	13 sessions, offered once a year	<p>FREE</p> <p>All fathers or male caregivers</p>	English	Childcare and limited bus passes available. A light meal served.
<p><b>Nurturing Families in Substance Abuse Treatment &amp; Recovery,</b> parents and parenting partners recovering from substance abuse.</p>	<p><b>Worcester Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	508-796-1411	17 week program, offered once a year	FREE		Childcare and limited bus passes available. A light meal served.
<p><b>Self-Care, a Spanish Parent 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><b>Worcester Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	508-796-1411	Wednesdays 9:30-11:30	<p>All Spanish-speaking parents and caregivers</p> <p>FREE</p>	Spanish	Limited bus passes, childcare, and a light breakfast.
<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><b>Worcester Family Resource Center of YOU, Inc.</b> <i>in collaboration with South Bay Early Childhood</i> 548 Park Avenue, Suite B Worcester, MA 01603</p>	Anne Bureau 508-796-1411 x418	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month 11 AM-12 PM	<p>Grandparents who act in a parenting role for their grandchild.</p> <p>FREE</p>	English	Limited bus passes

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>Self-Care, a Spanish Parent 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><b>Worcester Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Wednesdays 9:30-11:30</p>	<p>All Spanish-speaking parents and caregivers</p> <p>FREE</p>	<p>Spanish</p>	<p>Limited bus passes, childcare, and a light breakfast.</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><b>Worcester Family Resource Center of YOU, Inc. <i>in collaboration with South Bay Early Childhood</i></b> 548 Park Avenue, Suite B Worcester, MA 01603</p>	<p>Anne Bureau 508-796-1411 x418</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month 11 AM-12 PM</p>	<p>Grandparents who act in a parenting role for their grandchild.</p> <p>FREE</p>	<p>English</p>	<p>Limited bus passes</p>
<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>508-796-1411</p>	<p>Offered twice yearly.</p>	<p>Parents of teens and teenagers</p> <p>FREE</p>	<p>English</p>	<p>Bus passes and 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>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>Low Vision support group</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>African American Elder Group</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>Vietnamese Elder Group</p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p>	<p>Yung Phan 508-799-8067</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>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Chinese Elder Group	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	LuChen Cao (Chinese): 508-799-8069 Yung Phan (English): 508-799-8067	Fridays 9-10 AM	Chinese elders	Chinese	Call WRTA re: ADA Transportation 508-752-9283
Arabic Elder Group	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	774-314-5756	1 <sup>st</sup> Tuesday and 3 <sup>rd</sup> Tuesday 10:30-12	Arabic elders	Arabic	Call WRTA re: ADA Transportation 508-752-9283
Latino Club 60+	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	Mariana O'Brien 508-799-1997	Mondays and Fridays 9:30- 11:30 AM	Free Latinos 60+	English/Spanish	Call WRTA re: ADA Transportation 508-752-9283
Albanian Elder Group	<b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604	508-799-1232	Tuesdays and Thursdays 11- 11:45 am	Free Albanian elders	Albanian	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 Handicapped accessible	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 Tuesdays, Wednesdays, and Thursdays10 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.

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<b>Healthy Relationships for Girls</b> (HRI ages 9-12, HRII ages 13-15, HRIII ages 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	HRI Mondays 4:00-5:00pm HRII Mondays 5:00-6:00pm HRIII Wednesdays 6:00-7:00pm	Mass Health; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b>LGBTQ &amp; YOU</b> Ages 13-16 Clients struggling with issues related to gender and/or sexuality	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Thursdays 5:00-6:00pm	Mass Health; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<b>JSI:</b> Group for boys with sexual offending or harmful behavior (ages 12-17)	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesdays from 6:00-7:30 or Thursdays from 6:00-7:30	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
<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.	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC (1-855-496-8462) centralreferral@youinc.org	Wednesdays 11 AM-12 PM	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>PUNCH! Anger Management:</b> Group treatment for youth who have difficulties managing their anger (Punch I is ages 12-15, Punch II is ages 16-19)</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  PUNCH I Wednesdays 5-6pm PUNCH II Thursdays 3-4pm</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>ASCEND:</b> Group treatment for middle 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  Tuesday, Wednesday, and Friday afternoons</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>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>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>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Women's Healing Circle: An ongoing psychotherapy group for adult women with trauma, anxiety, and/or depression to process trauma, strengthen self-care strategies, and work towards healing	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Fridays 12-1pm	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
YMD: Youth Making a Difference: A therapeutic afterschool program	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Monday-Friday 2-6pm	Referral through DCF is needed	English	Transportation for Mass Health Clients  Office is located by a bus stop
Adolescent Substance Use Group: Treatment for adolescents 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  Mondays and Fridays 4-5:30pm	Mass Health; some private insurances, private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
Transitional Aged Substance Use Group: Treatment for ages 19-22	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Rolling Admission	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
Fight The Fire: Fire-setting prevention group for children and adolescents	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 1-855-4YOUINC centralreferral@youinc.org	Mondays 4-5pm	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?
Crossroads: 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 centralreferral@youinc.org	Wednesdays 5-6pm	Mass Health, some private insurances, private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
YWCA Central MA Domestic Violence Services  Offers the following services:  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	<b>YWCA of Central MA</b> 1 Salem Square Worcester, MA 01608	24 hour hotline/ 7 days a week: 508-755-9030 Live chat line: <a href="http://www.ywcahelp.com">www.ywcahelp.com</a>	Call for dates, times, & location	Victims and Survivors of Domestic Violence - both adults and children  Children/youth who are witness to domestic violence in the home.  No cost	English & Spanish	No transportation
ENCOREPlus: Breast / Reproductive Cancer Support Group, including Water Exercise, Health and Wellness	<b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608 (508) 767-2505	Maureen Burdulis, ENCOREPlus Facilitator (508) 767-2505 Ext. 5509	Held every Tuesday Water Exercise component 11:00-11:30, Support Group at noon	Free and open to any woman diagnosed with breast cancer or reproductive cancer.	English, Spanish if needed	No Transportation No childcare

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
(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.
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
Group for Refugee Children from Arabic Speaking Countries	<b>Zaza Sakhat, LICSW</b>	zaza@zsakhattherapy.com 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.*

**(Last Updated 4/18)**

