

# Support Groups in Worcester, MA

2/10



| Type of Group  | Agency & Address   | Contact Name & Phone Number                                | When It Meets                | Who Is Eligible/ How does someone sign up to attend?/Cost  | Language(s) Spoken | Transportation Available? / Child care? |
|--|--|--|------------------------------|--|--------------------|---|
| <ul style="list-style-type: none"> <li>▪ HIV + Relapse Prevention &amp; Support Groups</li> <li>▪ Trans-Identified support group</li> <li>▪ Anger Management</li> <li>▪ Parents, Families and Friends of Lesbian, Gay, Bisexual and Transgender Community Support Group</li> </ul> | <b>AIDS Project</b><br>Worcester<br>85 Green Street<br>Worcester, MA 01604<br>508-755-3773 | Joan Anderson<br>508-755-3773                              | Call for days and times      | Clients living with HIV/AIDS<br><br>Bisexual and Transgender individuals, parents, families and friends. | English & Spanish  | No Transportation<br>No Child Care      |
| Safe Homes GLBTQ (Gay, Lesbian, Bisexual, Transgender, Questioning) & Straight Allies youth support group & drop-in center.  | <b>The Bridge of Central MA Inc.</b><br>4 Mann St<br>Worcester, MA 01602                   | Contact: Laura Farnsworth<br>Program Director 508 631-2699 | Every Thursday from 6:30-9pm | Youth ages 14-23 drop-in setting, no cost, no sign up  | English            | N/A                                     |
| Transition to Adulthood  | <b>Center for Living</b>   | Contact:   | Call for                     | Youth ages 14-22   | English            | No                                      |

|   |  |   |   |   |         |  |
|---|--|---|---|---|---------|--|
| Program                                   | <b>and Working</b><br>484 Main Street ,<br>Suite 345 Worcester<br>/ P:508-798-0350                   | Kevin Quinn<br>508-755-1359                   | appointment   | with a disability.<br>Consumers can be referred by outside agencies or can call to set up an appointment. There is no cost to the consumer. |         |  |
| Peer Support Group for females ages 14-18 | <b>Center for Living and Working</b><br>484 Main Street ,<br>Suite 345 Worcester<br>/ P:508-798-0350 | Contact:<br>Kathy Kulesza<br>508-755-1381     | Once a month at Center for Living & Working.<br>Time and date to be determined.   | Females between the ages of 14-18 with a disability. Contact Kathy Kulesza to RSVP. There is no cost to the consumer.                       | English | No   |
| Technology group                          | <b>Center for Living and Working</b><br>484 Main Street ,<br>Suite 345 Worcester<br>/ P:508-798-0350 | Contact:<br>Kevin Quinn<br>508-755-1359       | Once a Month/ Next meeting is February 25 <sup>th</sup> from 4pm-6pm<br>Easter Seals Massachusetts Office – 484 Main Street, Worcester MA 01608 | Our target audiences are students (14+) and adults with and without disabilities. There is no cost to the consumer.                         | English | No   |
| Parenting Skill Building Group            | <b>Centro Las Americas</b><br>11 Sycamore Street<br>Worcester, MA 01608                              | Monica Zahariadis<br>508-798-1900<br>Ext. 233 | Thursdays from 5:30 to 7:30 PM  | Parents with children 0 to 5 years old. Open to all Spanish speaking parents  | Spanish | Meal and Child Care provided. Certificates of completion awarded and a Family Gift Basket at the end of the event. |

|  |  |  |  |   |              |                                      |
|--|--|--|--|---|--------------|--------------------------------------|
| Parenting class                              | <b>Children's Friend</b><br>21 Cedar Street<br>Worcester, MA<br>01609<br>508-753-5425<br>In collaboration<br>with Adoption<br>Crossroads | Dr. Kirby<br>(508) 799-2663                        | 7 weeks  | Open to all parents<br>\$85 fee apply                               | English only | No, transportation<br>No, child care |
| Social Skills Group for 8-10<br>year olds    | <b>Children's Friend</b><br>21 Cedar Street<br>Worcester, MA<br>(508) 753-5425   | Intake Dept.:<br>753-5425                          | Wednesdays<br>6:30pm-<br>7:30pm                    | Open to all 8-10<br>year olds                                       | English only | No Transportation<br>No Childcare    |
| Social Skills Group for 11-<br>12 year olds  | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA   | Intake Dept.:<br>753-5425                          | Wednesdays<br>6:30pm-<br>7:30pm                    | Open to all 11-12<br>year olds                                      | English only | No Transportation<br>No Childcare    |
| Social Skills Group for<br>Teens             | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA   | Intake Dept.:<br>753-5425                          | Wednesdays<br>5:30pm<br>6:30pm<br>6:30pm<br>7:30pm | Open to all 11-12<br>year olds                                      | English only | No Transportation<br>No Childcare    |
| DBT (dialectical behavior<br>therapy) groups | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA   | Intake Dept.:<br>Jen Denaro<br>753-5425            | Call for info                                      | for adolescents and<br>groups for children<br>of addicts/alcoholics | English only | No Transportation<br>No childcare    |
| Group for Teens                              | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA<br>(508) 753-5425   | Intake Dept.:<br>Kate Diogo<br>753-5425            | Thursdays<br>5:30pm-7pm                            | Open to all teens   | English only | No Transportation<br>No Childcare    |
| Asperger's Group for 9-12<br>year olds       | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA   | Intake Dept.:<br>Wendy Parker,<br>RNCS<br>753-5425 | Thursdays 4-<br>5:30pm                             | Open to all Children<br>9-12 years old w/<br>Aspergers              | English only | No Transportation<br>No Childcare    |
| Asperger's Group for 5-8<br>years old        | <b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA<br>(508) 753-5425   | Intake Dept.:<br>Wendy Parker,<br>RNCS<br>753-5425 | Tuesdays 4-<br>5:30pm                              | Open to all Children<br>5-8 years old w/<br>Aspergers               | English only | No Transportation<br>No Childcare    |

|   |   |   |   |  |              |   |
|---|---|---|---|--|--------------|---|
| School Age Mothers                      | <b>Children's Friend</b><br>20 Cedar St<br>Worcester, MA<br>01609<br>(508) 753-5425   | Jan Girard,<br>R.N., LICSW<br><u>120 Granite St</u><br>(508) 856-7373 | Monday-<br>Friday<br>8am-2pm  | Pregnant and young<br>mother register in<br>Worcester Public<br>School | English      | Yes, child care<br>Bus passes for<br>transportation |
| Carriage House<br>(grief support group) | <b>Children's Friend</b><br>20 Cedar St<br>Worcester, MA<br>01609<br>(508) 753-5425   | Karen<br>Ludington,<br>Johanna<br>Sagarin<br>(508) 753-<br>5425       | Every other<br>week<br>As long is<br>needed<br>4-6pm &<br>other times as<br>needed  | Children ages 3 to<br>18   | English      | No, transportation<br>No child care                 |
| Adoption parent group                   | Adoption Journeys<br><br>Housed at<br><b>Children's Friend</b><br>20 Cedar Street<br>Worcester, MA<br><br>In collaboration<br>with Adoption<br>Crossroads | Debbie Giza<br>(508) 753-5425   | Will be run<br>based on<br>interest   |  | English only | No Transportation<br>No Childcare                   |
| Grandparents Support<br>Group           | <b>Children's Friend</b><br>20 Cedar St<br>Worcester, MA<br>01609<br>(Previously held at<br>the Worcester<br>Senior Center)                               | Cynthia<br>Wiliamson<br>(508) 753-5425                                | Meets the 2 <sup>nd</sup><br>Tuesday of<br>each month<br>from 6-8pm                 | All Grandparents /<br>Relatives raising<br>children                    | English      | No Transportation<br>No Childcare                   |
| ADHD Parenting Group                    | <b>Community<br/>Health Link<br/>Youth and Family<br/>Services</b><br>275 Belmont Street<br>Worcester, MA<br>01604  | Jean Tatis<br>508-421-4451  | 7 Consecutive<br>Wednesdays<br>from 6:00-<br>7:30pm<br><br>Session 1:<br>Session 2: | For parents of<br>ADHD Children /<br>Free – No insurance<br>Needed     | English      | Childcare available for<br>children 3 and older     |

|  |   |  |  |  |   |  |
|--|---|--|--|--|---|--|
| Playgroups   | <b>Family Ties Project</b><br>130 Leeds Street<br>Worcester, MA<br>01606<br>(508) 799-3136  | Beth Vietze<br>(508)799-3136   | Times vary –<br>please call  | Children ages 0-3  | English and<br>Spanish                                    | If needed.   |
| Childbirth Classes including<br>Postpartum classes   | <b>Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605<br>(508) 852-1805   | Contact Sarah<br>Goldberg at<br>(508) 852-1805<br>x343   | Call for dates<br>and times.<br>Classes<br>available<br>throughout<br>the year in<br>English,<br>Spanish and<br>Portuguese | Any pregnant<br>woman  | English<br>Spanish<br>Portuguese                          |  |
| Parent Support / Case<br>Management<br><br>New Mom support Group<br>Monthly meeting at the<br>Public Library | Worcester Healthy<br>Start Initiative<br><b>C/o Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605<br>(WHSI services<br>provided at Family<br>Health Center,<br>Great Brook Valley<br>Health Center,<br>Pernet, Family<br>Health Services &<br>UMass Memorial<br>CWC) | Mike Portuphy<br>(508)854-2124<br>(Twi)<br>Judi or<br>Francisca at<br>854-2125<br>(Swahili)<br>(508)854-3260<br>(Spanish)<br>(508)852-1805<br>x232<br>(Portuguese) | Call ahead for<br>day and time   | Pregnant women or<br>families with a child<br>under 2 years old<br>who lives in<br>Worcester<br><br>Worcester Public<br>Library<br>A time to Chit Chat<br>& Share Experience | English, Spanish,<br>Portuguese,<br>Vietnamese and<br>Twi | Yes, free<br>transportation &<br>refreshments<br>No, for childcare |

|   |   |   |  |                       |  |  |
|---|---|---|--|-----------------------|--|--|
| African Women's Tea to Discuss Health and Other Topics          | <b>Great Brook Valley Health Center (GBVHC)</b><br>19 Tacoma Street<br>Worcester, MA<br>01605 | Sue Schlotterbeck or Nora Alarcon<br><br>508-852-2122 | Generally the first Friday of the Month at 10:00-12:00<br><br>GBVHC, 19 Tacoma St, 3 <sup>rd</sup> Floor   | Any Woman from Africa | Kirundi and Somali interpreters available for the African Women's Tea (other interpreters can be arranged for women who speak other languages with advanced notice). | Bus passes, food and certificates for all participants |
| Burundian Men social Group to Discuss Health and Other Issues   | <b>Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605         | Sue Schlotterbeck or Nora Alarcon<br><br>508-854-2122 | Generally the 1 <sup>st</sup> Tuesday of the month, 10:00-12:00<br><br>GBVHC, 19 Tacoma St., 3 <sup>rd</sup> floor                                   | All Men from Burundi  | Kirundi interpreter available  | Bus passes, food and certificates for all participants |
| Bhutanese Women social group to discuss health and other topics | <b>Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605         | Sue Schlotterbeck or Hari Dhakal<br><br>508-854-2122  | At Great Brook Valley Health Center<br>19 Tacoma Street, 3 <sup>rd</sup> Floor<br><br>Generally the 1 <sup>st</sup> Monday of the month, 3:00-5:00pm | All Bhutanese Women   | Nepali interpreters available  | Bus passes, food and certificates for all participants |

|   |   |  |   |   |                              |  |
|---|---|--|---|---|------------------------------|--|
| Bhutanese Men's social group to discuss health and other topics               | <b>Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605 | Sue Schlotterbeck or Hari Dhakal<br><br>508-854-2122   | At Great Brook Valley Health Center<br>19 Tacoma Street, 3 <sup>rd</sup> Floor<br><br>Generally the 1 <sup>st</sup> Thursday of the month, 3:00-5:00pm  | All Bhutanese Men                                       | Nepali interpreter available | Bus passes, food and certificates for all participants |
| Iraqi Women's social group to discuss health and other topics                 | <b>Great Brook Valley Health Center</b><br>19 Tacoma Street<br>Worcester, MA<br>01605 | Sue Schlotterbeck or Nora Alarcon<br><br>508-854-2122  | At Great Brook Valley Health Center<br>19 Tacoma Street, 3 <sup>rd</sup> Floor<br><br>Generally the 1 <sup>st</sup> Wednesday of the month: 3:00-5:00pm | All women from Iraq                                     | Arabic interpreter available | Bus passes, food and certificates for all participants |
| Bereavement Group for Lesbian, Gay, Bisexual & Transgender people of all ages | <b>LGBT Aging Project</b>   | Call Bob Winscott at 617-522-6700 for more information | Will meet in the Worcester area on Tuesday evenings from 6:30-8:00pm starting January 19th  | Lesbian, Gay, Bisexual & Transgender people of all ages | English                      | No Transportation<br>No Childcare.                     |

|  |   |  |  |   |                 |  |
|--|---|--|--|---|-----------------|--|
| Therapeutic Support Group for Anyone Effected by an Operating Under the Influence Incident | <b>LUK Crisis Center Inc.</b><br>1280 Main Street<br>Worcester, MA<br>01603   | Meghan McLeod<br>508-438-1490<br>x22                             | Every Tuesday at 6:30pm starting November 3 <sup>rd</sup> , 2009                   | For anyone effected by an operating under the influence incident – all ages encouraged to attend                    | English         | Yes transportation<br>Yes childcare<br>Dinner served |
| Spanish/English Naturalization Support   | <b>Maria Luisa de Moreno International Foundation</b><br><br>90 Madison St. Suite 300<br>Worcester, Ma<br>01608<br><br>mlmfud@gmail.com | Ydalia Heimann<br><br>508-970-4870<br><br>ydaliaruiz@hotmail.com | Spanish/English/naturalization classes<br><br>Tuesday & Thursday<br>5:00 – 7:00 pm | Everyone is eligible/walk in/<br><br>Call to set up an appointment<br><br>Classes starting:<br><br>January 19, 2010 | Spanish/English |  |
| Caregivers Support Group   | <b>MSPCC</b><br>335 Chandler<br>Worcester, MA<br>01602<br>(508) 753-2967  | Suzanne Anthony<br>(508) 453-2435                                | Thursdays<br>9:30-11:30am  | Non-offending parents and other caregivers whose children have been sexually abused                                 | English         | No transportation<br>No child care                   |
| Adolescent Girls Support Group   | <b>MSPCC</b><br>335 Chandler Street<br>Worcester, MA<br>01602<br>(508) 753-2967   | Susanne Anthony<br>(508) 753-2967                                | Tuesdays<br>3:30pm-4:30pm  | Girls must also be receiving individual therapy through MSPCC or another provider<br>For the non-offending parent   | English         | No transportation<br>No child care                   |

|  |   |  |   |  |                        |   |
|--|---|--|---|--|------------------------|---|
| Playgroup/Prevention Program   | <b>MSPCC</b><br>335 Chandler Street<br>Worcester, MA<br>01602<br>(508) 753-2967   | Susan Mirski<br>or Robert<br>Schasser<br>(508)753-2967 | Wednesdays<br>from 9:30-11  | <u>Only</u> for parent's<br>enrolled in the<br>MSPCC Early<br>Intervention or<br>Prevention<br>programs  | English and<br>Spanish | Yes, transportation<br>No, for child care   |
| Young Parents Group  | <b>MSPCC</b><br>335 Chandler Street<br>Worcester, MA<br>01602   | Nicole<br>Laviolette<br>(508) 753-2967                 | To Be<br>Determined<br>(10 week<br>sessions<br>offered twice<br>per year –<br>Fall/Spring)                                      | Only Parents<br>enrolled in MSPCC<br>Prevention<br>programs  | English and<br>Spanish | Yes for transportation<br>Yes for childcare |
| Boy's Group – to enhance social skills and self esteem of boys who have experienced sexual abuse and sexual reactivity<br>Ages 6-8 | <b>MSPCC</b><br>335 Chandler Street<br>Worcester, MA<br>01602   | Brandie<br>Barriere<br>(508)767-3073                   | Thursdays<br>4:00-5:00pm<br><br>February 25 –<br>April 22, 2010   | Free of charge<br>For boys who have<br>experienced sexual<br>abuse and sexual<br>reactivity<br>Ages 6-8<br>Interview required  | English                | Snacks provided                             |
| Teen Youth Group: HOPE - Helping Others Promote Equality– a non therapeutic peer support group for teens with emotional challenges | <b>PAL, the Parent Professional Advocacy League</b><br>– Worcester<br>51 Union Street,<br>Suite 308<br>Worcester, MA<br>01609<br>(508) 767-9725 | Meri Viano or<br>David Higgins                         | 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup><br>Tuesdays of<br>each month,<br>5:30-7pm                                   | Teens ages 13-18<br>years old<br><br>No insurance<br>needed & no cost  | English only           |   |
| Parent Support<br>Share experiences and get support and encouragement from other parents.  | <b>Parents Helping Parents</b>  | Call toll free,<br>1-800-882-<br>1250                  | Two groups<br>meeting<br>Monday<br>evenings at<br>7:00-8:30 and<br>a Spanish<br>group that<br>meets on<br>Friday<br>mornings at | For parents feeling<br>frustrated,<br>overwhelmed,<br>anxious, or isolated<br>in their role as a<br>parent or guardian.<br>Parents Helping<br>Parents offers free,<br>confidential and<br>anonymous weekly | English & Spanish      | No transportation<br>No Child Care          |

|  |   |  |   |   |                        |  |
|--|---|--|---|---|------------------------|--|
|  |   |  | 10-11:30am<br>Pernet  | support groups for<br>parents throughout<br>Massachusetts.                                    |                        |  |
| Fathers Support Group  | <b>Pernet Family<br/>Health Service</b><br>237 Millbury Street<br>Worcester, MA<br>01610<br>(508) 755-1228  | Chris Nelson<br>(508)755-1228<br>Ext. 231  | Every Tuesday<br>5:45 to<br>7:15pm  | Open to all fathers   | English only           | No transportation<br>Available<br>Yes, child care is<br>available                          |
| Parenting Class  | <b>Pernet Family<br/>Health Service</b><br>237 Millbury Street<br>Worcester, MA<br>01610<br>(508) 755-1228  | Chris Nelson<br>508-755-1228<br>Ext.231  | Every Tuesday<br>6- 8 weeks<br>cycles   | For DCF referred<br>families Only<br><br>Requires DCF<br>written referral from<br>Case worker | English only           | No, for transportation<br>No, for child care   |
| Parent Helping Parent<br>Support Group   | <b>Pernet Family<br/>Health Service</b><br>237 Millbury Street<br>Worcester, MA<br>01610<br>(508) 755-1228  | Sylvia Rosado<br>508-7551228   | Every Friday<br>10:30 to 11:30  | Open to everyone  | Spanish only           | Yes, for transportation<br>Yes, for child care   |
| Nutrition Cooking Class  | <b>Pernet Family<br/>Health Service</b><br>237 Millbury Street<br>Worcester, MA<br>01610<br>(508) 755-1228  | Paulette<br>Lacoste  | 1 or 2 sessions<br>a year for 7<br>weeks  | Open to everyone  | English and<br>Spanish | Yes, for transportation<br>Yes, for child care   |
| Rape survivor group<br><br><b>Type of Group:</b><br><u>Pre-Screening Required-</u><br><u>Multiple/Variou groups/</u><br><u>topics are:</u> Rape Survivors,<br>Adult Survivors of<br>Childhood Sexual<br>Abuse/Incest; Teen<br>Survivors; College Age | <b>Rape Crisis Center<br/>of Central MA</b><br><br>588 Main Street,<br>Worcester, MA<br>01608<br>and<br>285 Nichols Rd,<br><b>Fitchburg</b> , MA<br>01420 | 1. Barbara<br>508-852-7600<br>X234 (m-f<br>9-5), 978-343-<br>5683<br>appointments<br>only<br>(Th 9-5),<br>2. Heidi Sue | <b>When:</b><br>Various<br>times/days;<br>however all<br>are weekdays<br>and some<br>week nights<br>Groups run<br>for 10-12<br>weeks with a | All are services are<br><b>FREE</b> ; Pre-<br>screening required                              | English and<br>Spanish | Transportation: not<br>currently, however<br>offices are on bus<br>routes<br>No Child Care |

|  |  |  |   |  |                     |  |
|--|--|--|---|--|---------------------|--|
| Survivors; Latina Survivors (Spanish Speaking) Male Survivors; Significant Others (Parents); Significant Others (Partners); Healing Through Creativity (varied survivor experiences) | 800-870-5905 (English)<br>1-800-223-5001 (Spanish)   | 508-852-7600 X224 (m-f 9-5)<br>If either Barbara or Heidi Sue is unavailable, please leave message on their confidential voicemail | minimum of 4 and maximum of 8 participants                          |  |                     |  |
| Various peer support and learning groups for adults with mental health conditions:<br><br>Healthy Living, Wellness Wednesday, Recovery story, Coffee hour, and more                  | <b>Central Mass Recovery Learning Community</b><br><br>91 Stafford Street<br>Worcester Ma<br>01603 | (508)751-9600 ( m- f ) 9:30am 4:00pm   | Various days and times<br><br>Please call for details               | 18 and older with any mental health experience   | English and Spanish | No Childcare<br><br>On bus routes 19 and 27  |
| For Parents / Caregivers Concerned with Alcohol Use  | <b>SACCMY Family Group</b><br><br>c/o the YWCA<br>1 Salem Square<br>Worcester, MA<br>01608         | Rina Cavalini at 508-615-2126 or Jannelle Correa at 508-963-3696   | Meets the 3 <sup>rd</sup> Monday of each month from 6:00 – 7:30pm   | FREE - For any parent / Caregiver concerned about their child's drug and alcohol abuse | English             | Light snacks and babysitting provided        |
| For Caregivers of Elders of Disabled Adults  | <b>St. Francis Adult Day Health</b><br><br>101 Plantation Street<br>Worcester, MA<br>01604         | Pat Fanjoy, LCSW or Lisa Pontbriand, LSW at 508-752-2546   | Meets the 2 <sup>nd</sup> Thursday of each month from 7:00 – 8:30pm | FREE<br><br>For any Caregivers of Elders or Disabled Adults                            | English             | Refreshments served<br><br>No Transportation |
| Hepatitis C Support Group  | <b>St. Vincent Hospital</b>  | Dr. George Abraham<br>508-363-6199   | Meets the last Thursday of each month at                            | FREE – for any person or loved one who has Hepatitis C                                 | English             | Light snacks provided                        |

|   |  |                                  |   |   |                                     |              |
|---|--|----------------------------------|---|---|-------------------------------------|--------------|
|   | <b>Ambulatory Clinic</b><br><br>121 Providence Street<br>Worcester, MA<br>01604            |                                  | 6pm<br><br>**Newcomers-<br>please call first<br>to confirm if<br>there is a<br>cancellation |   |                                     |              |
| Southeast Asian Teen Support / Recreation Group, 'Asian Youth Effect'   | <b>Southeast Asian Center</b><br>120 Chandler Street<br>Worcester, MA<br>01609             | Andrew le<br>508-791-4373        | After School for youth<br>Mon- thru<br>2:pm 6:pm  | For all Southeast Asian teens ages 13-19<br>Youth Effect  | English & Southeast Asian languages | No childcare |
| <b>Worcester Aftercare Program through Straight Ahead Ministries.</b><br>From Lock Up to Independence<br><br>We provide reintegration services through<br>(1) assisting with relationship building through the provision of caring adult mentors,<br>(2)providing educational services,<br>(3)providing employment &training and placement opportunities<br>(4)providing case management to provide direct or referral services in all areas relating to barriers to successful re-entry, including but not limited to, child support, housing, addictions, physical and mental health, and | <b>Straight Ahead Ministries</b><br>100 Grove Street<br>Worcester, MA<br>01605<br>753-8700 | Contact:<br>Angel<br>Guzman x105 | Ongoing   | For young men and women (ages 14-18) who have been detained or sentenced and served time for a nonsexual criminal law violation within the past 90 days | English & Spanish                   |              |

|   |  |  |  |   |                    |  |
|---|--|--|--|---|--------------------|--|
| strengthening of family supports.   |  |  |  |   |                    |  |
| 'Family Needs Committee' – Activities to promote parent leadership & peer support.  | <b>WCCC /Worcester Community Connections</b><br>Coalition<br>c/o WCAC,<br>484 Main St 2 <sup>nd</sup><br>(508)754-1176 | Anne Bureau<br>or Olga<br>Lopez-Hill<br>(x126 or x155)                       | The 2 <sup>nd</sup><br>Tuesday of<br>each Month<br>At 5 pm       | All parents or<br>caregivers  | English            | Yes, transportation<br>Yes, child care               |
| <b>We Are Not Alone</b><br>An informal Parent Support Group for Parents or Caregivers who have Children with Disabilities – Sharing, Mutual Support and Agency Speakers                                     | <b>WCCC /Worcester Community Connections</b><br>Coalition<br>c/o WCAC,<br>484 Main St 2 <sup>nd</sup><br>(508)754-1176 | Doreen<br>Samuels: 774-<br>232-6526 or<br>Beth<br>Dumouchel:<br>508-250-9523 | The Second<br>Monday of<br>each month<br>from 10:00 –<br>11:30am | Any Parent or<br>Caregiver who has a<br>child with a disability   | English or Spanish | Bus Passes available as<br>needed.                   |
| Pathways to Success - a monthly group of parents interested in working towards increased self sufficiency in the work force   | <b>WCCC /Worcester Community Connections</b><br>Coalition<br>c/o WCAC,<br>484 Main St 2 <sup>nd</sup><br>(508)754-1176 | Jannelle<br>Correa: 508-<br>754-1176 x<br>135                                | Meets the 2 <sup>nd</sup><br>Monday of<br>each month at<br>noon  | Any Worcester<br>parent who is<br>working to reenter<br>the workforce or<br>increase their<br>earning power | English            | Lunch provided<br>Bus Passes available as<br>needed. |
| Domestic Violence Action Group – peer support in connecting with domestic violence resources in the community through our weekly support clinic and bringing out our voices to improve access to resources. | <b>WCCC /Worcester Community Connections</b><br>Coalition<br>c/o WCAC,<br>484 Main St 2 <sup>nd</sup><br>(508)754-1176 | Anne Bureau<br>508-754-1176<br>x 126   | Call for<br>meeting times  | Victims of Domestic<br>Violence   | English            | Bus Passes available as<br>needed.                   |

|                                   |   |   |  |                                   |         |  |
|-----------------------------------|---|---|--|-----------------------------------|---------|--|
| Low Vision                        | <b>Worcester Senior Center</b><br>128 Providence St.  | Call the Senior Center<br>508-799-1232            | 3 <sup>rd</sup> Friday<br>Of the month<br>10 a.m.-noon | Anyone with low vision<br>No cost | English | Call WRTA re: ADA Transportation<br>508-752-9283             |
| Osteoporosis                      | <b>Worcester Senior Center</b><br>128 Providence St.  | Peggy Hubbard<br>508-334-6138                     | 3 <sup>rd</sup><br>Tuesday of the month<br>1:00 p.m.   | Open to all<br>No cost            | English | Call WRTA re: ADA Transportation<br>508-752-9283             |
| Bereavement                       | <b>Worcester Senior Center</b><br>128 Providence St.  | Worcester Pastoral Counseling Ctr<br>508-757-0376 | Mondays<br>1:00-2:30 pm                                | Call 508-757-0376                 | English | --   |
| AA Sober Over Sixty (S)           | <b>Worcester Senior Center</b><br>128 Providence St.  |   | Wednesdays<br>12 noon                                  | Open Meeting<br>No cost           | English | --   |
| Al-Anon                           | <b>Worcester Senior Center</b><br>128 Providence St.  |   | Fridays<br>1:00-2:00 pm                                | Open Meeting<br>No cost           | English | --   |
| Parenting support group (Spanish) | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA 01604<br>In the Worcester Family Center | Jeannette Cardozo<br>508-849-5600 x 211           | Wednesday<br>Starting 1/13/09 from 10:30 - noon        | Mass Health                       | Spanish | Transportation for Mass Health Clients<br>Childcare & snacks |
| Parenting support group (English) | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA 01604<br>In the Worcester Family Center | Melissa Mellor<br>508-849-5600 x 301              | Wednesdays<br>Starting 1/13/09 from 3:30-5:00pm        | Mass Health                       | Spanish | Transportation for Mass Health Clients<br>Childcare & snacks |

|   |  |   |  |   |                         |  |
|---|--|---|--|---|-------------------------|--|
| Social Skills Group for Kids on the Autism Spectrum   | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA<br>01604 | Liz<br>Elizabeth<br>Belliveau,<br>MSW<br>Family<br>Clinician<br>Grafton and<br>Oxford House<br>Programs of<br>You, Inc.<br>Contact: 508-<br>849-5600 x220 | November 2 <sup>nd</sup><br>– December<br>7 <sup>th</sup><br>Mondays at<br>5:30pm  | MassHealth will<br>cover the expenses<br>of the group. If the<br>client does not have<br>MassHealth, the cost<br>is \$25 per session or<br>if you pay all<br>together, it is \$120<br>for the six weeks<br>(you would save 5<br>dollars a week).<br><br>Unfortunately, private<br>insurances are not<br>accepted right now. | English                 | No Transportation or<br>Supervision for<br>children available at<br>this time. |
| Juvenile Sexual Issues (JSI)<br>Support Group   | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA<br>01604 | Janice<br>Lovejoy<br>508-849-5600<br>x219   | Call for more<br>info  | Many insurances<br>accepted   |                         | No   |
| YOU Inc. Family Resource<br>Center<br><ul style="list-style-type: none"> <li>• Parent to Parent Support &amp; Friendships</li> <li>• Resources</li> <li>• Training</li> <li>• For Families with children / adolescents who have mental, behavioral, or emotional health care needs</li> <li>• Grandparents Raising Grandchildren Coffee Hour</li> </ul> | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA<br>01604 | Call Francine<br>Winslow-<br>Ramos<br>508-849-5600<br>ext. 260  | Support<br>Groups<br>offered<br>Tuesdays<br>12:00 – 1:15<br><br>Grandparents<br>Coffee Hour<br>meets the first<br>Monday of<br>each month.<br>10:00 a.m. –<br>11:00 a.m. | No Cost   | In Spanish &<br>English | No   |
| Domestic Violence Support<br>Group for Survivors<br>Life After the Crisis   | <b>YOU, Inc.</b><br>81 Plantation Street<br>Worcester, MA<br>01604 | Beth Gordon<br>508-849-5600<br>x220   | Call for more<br>info<br>10 weekly<br>sessions for<br>1.5 hours  | For survivors of<br>domestic violence<br>who are living in a<br>safe environment<br>and have all criminal<br>legal proceedings  | English                 | No   |

|  |   |  |   |   |                     |                                       |
|--|---|--|---|---|---------------------|---------------------------------------|
|  |   |  |   | resolved<br><br>Many insurances accepted<br>Private pay \$20 per session        |                     |                                       |
| Breast / Reproductive Cancer Support Group   | <b>YWCA</b><br>1 Salem Sq.<br>Worcester, MA 01608<br>(508) 767-2502 | Kelly Balkus<br>(508) 767-2505 x5509 or Amy Martire<br>(508)767-2505 x3017 | Held every Tuesday at noon and the 1 <sup>st</sup> Thursday of each month at 5:15pm | Free and open to any woman diagnosed with breast cancer or reproductive cancer. | English             | No Transportation<br>No childcare     |
| Young Parent Program (YPP)<br><br>This program provides teen parents and pregnant teens the opportunity to complete their high school education through a GED program. Teen parents also receive community-based assistance while preparing for their GED such as childcare, case management, life and parenting skills training, job search assistance, health services, career exploration and more. | <b>YWCA</b><br>1 Salem Sq.<br>Worcester, MA 01608<br>(508) 767-2502 | Helen Rinaldi<br>(508) 767-2505 x3028                                      | Mondays-Fridays<br>9:00am-2:30pm  | DTA referred<br>Parents under 21 years old, pregnant or with children ages 0-3  | English and Spanish |                                       |
| <b>Teen Parent Program (TPP)</b><br>This program provides comprehensive services such as a stable support system, access to childcare, parenting and life skills training, and health services   | <b>YWCA</b><br>1 Salem Sq.<br>Worcester, MA 01608<br>(508) 767-2502 | Helen Rinaldi<br>(508) 767-2505 x3028                                      | Once a week – flexible schedule   | High school teens, 14-20 years old, pregnant or with children ages 0-3          | English and Spanish | Transportation and childcare provided |

|  |  |                         |                                   |                                    |                   |   |
|--|--|-------------------------|-----------------------------------|------------------------------------|-------------------|---|
| to pregnant or parenting teens enrolled in traditional high school or educational settings, college, training programs or work. Teens enrolled in the Teen Parent Program also receive case management, counseling, transportation and advocacy. |  |                         |                                   |                                    |                   |   |
| Domestic Violence Support Group  | <b>YWCA/Daybreak</b><br>Resources for Women & Children | Hotline<br>508-755-9030 | Call for dates, times, & location | Adult victims of domestic violence | English & Spanish | No transportation<br>Child care depends on schedule |

*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 508-754-1176x126 with further updates.*

**(Updated 2/10)**

