

Central Region Fall Support Groups

September Support Groups

Area Office	Date	Time	Location	Topic
ADLU	9/2/2026	7-9:00 pm	Virtual	General Support
Framingham	9/17/2026	7:30-9 pm	Virtual	Check In & General Support
North Central	9/3/2026	7-9pm	Virtual	General Support
South Central	9/9/2026	1-2:30pm	Virtual	Managing Stress and Trauma
Worcester East	9/16/26	7-8:30 pm	Virtual	Making connections and General support
Worcester West	9/16/2026	7-8:30pm	Virtual	Making connections and general support

October Support Groups

Area Office	Date	Time	Location	Topic
ADLU	10/6/2026	7-9pm	Virtual	General Support
Framingham	10/21/2026	7:30-9pm	Virtual	Ages & Stages: Developmental Concerns
North Central	10/7/2026	7-9pm	Virtual	General Support
South Central	10/19/2026	12-1:30pm	Virtual	Routines, structures and boundaries within the home
Worcester East	10/14/2026	7-8:30 pm	Virtual	Guest Speaker TBA
Worcester West	10/14/2026	7-8:30 pm	Virtual	Guest Speaker TBA

November Support Groups

Area Office	Date	Time	Location	Topic
ADLU	11/3/2026	7-9pm	Virtual	General Support
Framingham	12/18/2026	7:30-9 pm	Virtual	Inclusion around the holidays Cultural Sensitivity
North Central	11/4/2026	7-9pm	Virtual	General Support
South Central	11/13/2026	11-12:30 pm	Virtual	Connecting with Community Resources
Worcester East	11/18/2026	7-8:30 pm	Virtual	Guest Speaker Diane Lanni Lead Trauma Educator UMass FaCES Clinic
Worcester West	11/18/2026	7-8:30 pm	Virtual	Discussing the impact of trauma on our bodies

December Support Groups

Area Office	Date	Time	Location	Topic
ADLU	12/1/2026	7-9pm	Virtual	General Support
Framingham	12/16/2026	7:30-9pm	Virtual	Advocating for your child & General Support
North Central	12/2/2026	7-9pm	Virtual	General Support
South Central	12/8/2026	2-3:30pm	Virtual	Reunification preparation
Worcester East	12/9/2026	7-8:30	Virtual	Navigating the Holidays
Worcester West	12/9/2026	7-8:30	Virtual	Navigating the Holidays

Contact your FRL for more information <https://www.mspcc.org/fri-directory/>