

## Cambridge/Burlington Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/21/22 7PM	Managing Transitions	Burlington DCF
October	10/19/22 7PM	Tips for Supporting Social Emotional Needs	Burlington DCF
November	11/16/22 7PM	Foster Parent Self-care	Burlington DCF
December	12/14/22 7PM	Managing the Holidays; Incorporating Cultures	Burlington DCF

**Contact your Regional Director with any questions.**

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## Cape Ann Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/14/2022 7-9PM	Back to School Transitions	TBD
October	10/12/2022 7-9PM	Improving Relationships	TBD
November	11/9/2022 7-9PM	Knowing When to Ask for Help	TBD
December	12/14/2022 7-9PM	Managing the Holidays	TBD

**Contact your FRL to join and for updates on possible in person meetings.**

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## Framingham Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/26/2022 7PM	Welcome Back/School	Virtual
October	10/24/2022 7PM	DCF Forum	Virtual
November	11/28/2022 7PM	Bio Parents	Virtual
December	12/11/2022 7PM	Holiday Party	TBD

**Contact your FRL to join and for updates on possible in person meetings.**

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## Haverhill Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/13/22 6:30-8PM	Open Forum	Virtual: Open to families who are approved, matched or waiting to adopt
October	10/1/22 6:30-8PM	Open Forum	Virtual: Open to families who are approved, matched or waiting to adopt
November	11/8/22 6:30-8PM	Open Forum	Virtual: Open to families who are approved, matched or waiting to adopt
December	12/13/22 6:30-8PM	Open Forum	Virtual: Open to families who are approved, matched or waiting to adopt

**Contact your social worker to join.**

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## Lawrence Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/14/2022 6:30-7:30PM	Back to School Challenges	Virtual
October	10/12/2022 6:30-7:30PM	Hygiene	Virtual
November	11/9/2022 6:30-7:30PM	Food Challenges	Virtual
December	12/14/2022 6:30-7:30PM	Managing the Holidays	Virtual

**Contact your FRL to join and for updates on possible in person meetings.**

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## Greater Lowell Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/12/2022 6:30PM	Transition Back to School	Panera Bread North Billerica
October	10/17/2022 6:30PM	Dealing with Secondary Trauma as a Foster parent	TBD
November	11/15/2022 6:30PM	Grief; How Do You Cope?	TBD
December	12/12/2022 6:30PM	Holiday Fun; Helping Kids Make Memories	TBD

**Contact your FRL to join and for updates on possible in person meetings.**

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## Lynn Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/26/22 8PM	Transition Back to School	Virtual
October	10/24/22 8PM	Resources: Knowing When and Whom to Ask for Help.	Virtual
November	11/28/22 8PM	Self Care as a Foster Parent	Virtual
December	12/26/22 8PM	Holiday Fun: How to Help Kids Make Memories	Virtual

**Contact your FRL to join and for updates on possible in person meetings.**

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## Metro North Fall 2022 Support Group & Resource Calendar

Month	Dates	Topic	Location & Notes
September	9/15/22 7:30-9PM	Back to School!	Virtual
October	10/13/22 7:30-9PM	Trauma	Virtual
November	11/17/22 7:30-9PM	Dealing with Racism	Virtual
December	12/15/22 7:30-9PM	Birth Parents	Virtual

**Contact your FRL to join and for updates on possible in person meetings.**

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