

## Cambridge/Burlington Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Wednesday, 1/18/2023 7 PM	DCF Policy Changes Discussion	Virtual
February	Wednesday, 2/15/2023 7 PM	Attachment Issues	Virtual
March	Wednesday, 3/15/2023 7 PM	Developmental Stages of Children	Virtual

## Cape Ann Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Tuesday, 1/10/2023 7-9 PM	Improving Relationships	Danvers YMCA Hybrid
February	Tuesday, 2/21/2023 7-9 PM	Caregiver Self Awareness and Self Care, and Understanding Your Own Triggers	Danvers YMCA Hybrid
March	Tuesday, 03/21/2023 7-9 PM	Knowing When/Who/How to Ask for Help	Danvers YMCA Hybrid

## Framingham Winter 2023 Support Group & Resource Calendar

<b>Month</b>	<b>Dates</b>	<b>Topic</b>	<b>Location</b>
January	Monday, 1/30/2023 7 PM	Meet Alex, your new FRL!	Virtual
February	Monday, 2/27/2023 7 PM	DCF Forum	Virtual
March	Monday, 3/27/2023 7 PM	Identifying you Circle of Support	Virtual

## Haverhill Winter 2023 Support Group & Resource Calendar

<b>Month</b>	<b>Dates</b>	<b>Topic</b>	<b>Location</b>
January	Wednesday, 1/11/2023 7 PM	Winter Blues	Virtual
February	Wednesday, 2/8/2023 7 PM	Attachment Issues	Virtual
March	Wednesday, 3/8/2023 7 PM	Developmental Stages of Children	Virtual

## Lawrence Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Wednesday, 1/11/2023 7 PM	Healthy Boundaries with Bio Parents	Virtual
February	Wednesday, 2/8/2023 7 PM	Identifying Your Circle of Support	Virtual
March	Wednesday, 3/8/2023 7 PM	Knowing When/Who/How to Ask for Help	Virtual

## Greater Lowell Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Tuesday, 1/10/2023 6:30-8:30 PM	Memory Keepers: Saving Pictures and Memories for Children in Your Care	Chelmsford Public Library
February	Tuesday, 2/7/2023 6:30-8:30 PM	Building Relationships with Biological Families	Chelmsford Public Library
March	Monday, 3/13/2023 6:30-8:30 PM	Navigating Challenging Transitions When a Child Moves On	Chelmsford Public Library

## Lynn Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Monday, 1/23/2023 8 PM	Helping Children Self-regulate Around Visits	Virtual
February	Monday, 2/27/2023 8 PM	Open Forum	Virtual
March	Monday, 3/27/2023 7 PM	Family Dinner Project	Virtual

## Metro North Winter 2023 Support Group & Resource Calendar

Month	Dates	Topic	Location
January	Sunday, 1/15/2023 12-2 PM	Healthy Boundaries with Bio Parents	Local Coffee Shop
February	Saturday, 2/18/2023 12-2 PM	Caregiver Self-Awareness and Self-Care and Understanding Your Own Triggers	Local Coffee Shop
March	Saturday, 3/11/2023 12-2 PM	Trauma or ADHD and Where to Turn for Answers	Local Coffee Shop

## Northern ADLU Winter 2023 Training & Support Calendar

<b>Month</b>	<b>Dates</b>	<b>Topic</b>	<b>Location</b>
January	Tuesday, 1/10/2023 6:30-8 PM	Caregiver Self-Awareness and Self-Care and Understanding Your Own Triggers	Virtual
February	Tuesday, 2/14/2023 6:30-8 PM	Attachment Issues	Virtual
March	Tuesday, 3/14/2023 6:30-8 PM	Why Does it Take So Long?	Virtual