



# ONLINE SUPPORT GROUPS

*Do you want to connect with other parents from your area or who are having similar parenting experiences?*

## OVERVIEW & PURPOSE

These virtual versions of our in-person support groups are designed for foster, kinship, and pre-adoptive parents to connect with one another and offer support. A facilitator will lead these groups and keep them on track, however, there is no set curriculum. Participants can offer suggestions and support to others.

*If no date is listed, please reach out to the facilitator for more information.*

## SUPPORT GROUPS BY REGION

- **Central ADLU** - every other Tuesday
  - Chip LaRiviere - [worcesterregionalFRL@gmail.com](mailto:worcesterregionalFRL@gmail.com)
- **Worcester East & West**
  - Vicky LeBlanc- [CWWfrl@gmail.com](mailto:CWWfrl@gmail.com)
  - Richard Benoit - [richpbenoit@gmail.com](mailto:richpbenoit@gmail.com)
- **Holyoke** - second Tuesday of the month
  - Mary Etta Grabowski - [HolyokeFRL@gmail.com](mailto:HolyokeFRL@gmail.com)
- **Lowell**
  - Kelsey Stevens - [kastevens18@gmail.com](mailto:kastevens18@gmail.com)
- **Cambridge**
  - Eleanor Killeen- [eleanorkilleen@yahoo.com](mailto:eleanorkilleen@yahoo.com)
- **Lawrence (English & Spanish)**
  - Joean Serrano- [joean\\_serrano@comcast.net](mailto:joean_serrano@comcast.net)
- **Haverhill**
  - Michelle Raftery- [rafterym@comcast.net](mailto:rafterym@comcast.net)
- **Framingham**
  - Julie Stanwood - [jahstanwood@aol.com](mailto:jahstanwood@aol.com)
- **Boston ADLU** - first Thursday of the month
  - Elizabeth Pierce - [erpierce92@gmail.com](mailto:erpierce92@gmail.com)

- **Brockton**
  - Rebecca Hally - [BrocktonFRL@gmail.com](mailto:BrocktonFRL@gmail.com)
- **Cape and Islands**
  - Jen Christian - [CapeofficeFRL@gmail.com](mailto:CapeofficeFRL@gmail.com)
- **Coastal**
  - Kerry Roberts - [CoastalFRL@gmail.com](mailto:CoastalFRL@gmail.com)

## SUPPORT GROUPS BY TOPIC

- **Single Parenting** - Every other Tuesday @ 8:00 pm
  - Rebecca Hally - [BrocktonFRL@gmail.com](mailto:BrocktonFRL@gmail.com)
- **Fostering Teens**
  - Christine Chisholm - [ArlingtonFRL@gmail.com](mailto:ArlingtonFRL@gmail.com)
- **Infants/Toddlers** - Every other Monday @ 7:30 pm
  - Christina Dusel - [PlymouthFRL@gmail.com](mailto:PlymouthFRL@gmail.com)
- **Pre/Post Adoption** - Every other Thursday @ 10:00 am
  - Deidre Littlefield - [seregionalfrel@gmail.com](mailto:seregionalfrel@gmail.com)
- **Group for Dads**
  - Chip LaRiviere - [worcesterregionalFRL@gmail.com](mailto:worcesterregionalFRL@gmail.com)

## OTHER RELEVANT SUPPORT GROUPS

- **To the Moon and Back - Support group for Caregivers who are parenting children who were born substance-exposed -**
  - Theresa Harmon - [TheresaHarmonLICSW@gmail.com](mailto:TheresaHarmonLICSW@gmail.com)
- **Adoptive Families Together:** made up mostly of families who have legalized their adoptions, but an excellent way to build community in your area if you are a pre-adoptive family who has been matched/placed.
  - **Jamaica Plain:** contact Dana Lehman ([danalehman10@gmail.com](mailto:danalehman10@gmail.com)) or Matt Paluszek ([mattpalusz@aol.com](mailto:mattpalusz@aol.com))
  - **Roslindale:** contact Clare O'Donohue ([clareodo@hotmail.com](mailto:clareodo@hotmail.com)) or Mary Howard ([marythow@aol.com](mailto:marythow@aol.com))