

# Support Groups in Worcester, MA

2/16



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<ul style="list-style-type: none"> <li>○ Latino Support Group</li> <li>○ HIV support group for Gay men.</li> <li>○ Horizon Transgender Group (ages 35 + up)</li> <li>○ NEW Transformation Transgender group for ages 18-35</li> <li>○ The Empowerment Group</li> <li>○ NEW drop in group on Fridays</li> </ul>	<b>AIDS Project Worcester</b> 85 Green Street Worcester, MA 01604 508-755-3773	508-755-3773 Speak with receptionist	Call for days and times	Clients living with HIV/AIDS  Bisexual and Transgender individuals, parents, families and friends.	English & Spanish	No Transportation No Child Care
Teen Group A Therapeutic support group for teens looking to connect with teens that will understand	<b>Arbour Counseling</b> 411 Chandler Street Worcester, MA  1-800-222-2237	Jennifer  (774) 243-7486	Everyday 9am-3pm  *Call Intake Line to Register	Teens ages 13-17	English	No transportation, no childcare
Various Support and Educational programs for individuals with autism and their caregivers	<b>HMEA's Autism Resource Central</b> 71 Sterling Street West Boylston, MA 01583 autism@hmea.org	Phone (508) 835-4278	Go to their website for information about various groups: autism@hmea.org	Go to their website for more information autism@hmea.org	English & Spanish	No transportation, No childcare

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Financial Literacy and Support – In classroom and on an individual basis	<b>Belmont A.M.E. Zion Church</b> 55 Illinois Street Worcester, MA 01610	Rev. Clyde D. Talley (508) 754-4539	Call or look for scheduled days/times at: daveramsey.com	This is open to all families seeking help in dealing with debt and living debt-free	English	No transportation or child care is available.
Yes We Care After-School Program – Provide academic and homework support to the parents and their children	<b>Belmont A.M.E. Zion Church</b> 55 Illinois Street Worcester, MA 01610	Ann White – Program Coordinator (508) 754-4539	Daily during the school year	From 1 <sup>st</sup> Grade to 6 <sup>th</sup> Grade	English	No transportation or child care is available.
Safe Homes GLBTQ (Gay, Lesbian, Bisexual, Transgender, Questioning & Straight allies youth support group & drop-in center.	<b>The Bridge of Central MA Inc.</b> 4 Mann St Worcester, MA 01602	Contact: Laura Farnsworth Program Director 508--0333 ext,1142	Every Thursday from 6:30-9pm	Youth ages 14-23 drop-in setting, no cost, no sign up	English	No transportation
PFLAG A support group for Parents, Families, & Friends of the LGBT community (ages 18+)	<b>The Bridge of Central MA Inc.</b> 4 Mann St. Worcester, Ma 01602	Laura Farnsworth Program Director 508-755-0333 ext. 1142	Third Wednesday of each month from 7-9pm	Adults & Families 18 years and older	English	No transportation
Transition to Adulthood Program	<b>Center for Living &amp; Working</b> 484 Main Street , Suite 345 Worcester, MA 01608 P:508-798-0350	Contact: Erica Torres 508-755-1746	Call for appointment	Youth ages 14-22 with a disability. Consumers can be referred by outside agencies or can call to set up an appointment. There is no cost to the consumer.	English	No

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Autism Support Group in collaboration with the Autism Resource Center	<b>CENTRO</b> 11 Sycamore Street Worcester, MA 01610	Ydalia Heimann 508-798-1900 x 243	3 <sup>rd</sup> Thursday of every month 10am-noon, except for school vacations	Everyone is eligible Call to set up an appointment	Spanish & English	No transportation is provided
Coffee Time – Support Group for Any Parent	<b>CENTRO</b> 11 Sycamore Street Worcester, MA	Ydalia Heimann 508-798-1900 x 243	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of every month from 10-12	Everyone is eligible	Spanish & English	No transportation is provided
Social Skills Group for 8-10 year olds	<b>Children’s Friend</b> 20 Cedar Street Worcester, MA (508) 753-5425	Intake Dept.: 753-5425	Call for info	Open to all 8-10 year olds	English only	No Transportation No Childcare
Social Skills Group for 11-12 year olds	<b>Children’s Friend</b> 20 Cedar Street Worcester, MA	Intake Dept.: 753-5425	Call for info	Open to all 11-12 year olds	English only	No Transportation No Childcare
DBT (dialectical behavior therapy) groups	<b>Children’s Friend</b> 20 Cedar Street Worcester, MA	Intake Dept.: 753-5425	Call for info	for adolescents and groups for children of addicts/alcoholics	English only	No Transportation No childcare
Carriage House (grief support group)	<b>Children’s Friend</b> 20 Cedar St Worcester, MA 01609 (508) 753-5425	Karen Ludington, Johanna Sagarin (508) 753-5425	Call for info	Children ages 3 to 18	English	No, transportation No child care

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Adoption parent group	<b>Adoption Journeys Housed at Children's Friend</b> 20 Cedar Street Worcester, MA In collaboration with The Attachment Institute of New England	Debbie Giza (508) 753-5425	Will be run based on interest	Any adoptive parent or caregiver	English only	No Transportation No Childcare
The Act Group Connect with other teens to discuss relationships, stress, mindfulness, conflict resolution, etc.	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	<b>Heather Kozlowski</b> Victim Advocate 508-421-4501	Starting February 2016  Call for days and times	Open to women ages 15-22  FREE	English	Child care available after 3pm for children ages 3 and up
Positive Identities (LGBTQQIAP) A weekly group aimed at providing a safe space to process thoughts and feelings related to sexual identity, self-image, coming out, healthy relationships and dealing effectively with homophobia/stigma.	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	<b>Heather Kozlowski</b> Victim Advocate 508-421-4501	Call for days and times	FREE	English	Child care available after 3pm for children ages 3 and up
Free Yoga Classes  Join us to learn empowerment, self-regulation skills and more in a relaxed setting.	<b>Community Healthlink Youth &amp; Family Services</b> 275 Belmont Street Worcester, MA 01604	Please call 508-421-4501 for more details or to sign up	Mondays from 3pm-4pm for 6 weeks starting on March 7, 2016	Women 16 and older  FREE	English	Call for details

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Abortion Recovery Support Group	<b>Clearway</b> <i>Formerly the Compassion Pregnancy Resource Center</i> NEW Address: 358 Shrewsbury Street Worcester, Ma. 01604	Janet Child (508)438-0144	Call for days/times	No Cost. Females & Males needing assistance with abortion recovery.	English	No childcare  No transportation
Pre natal Classes	<b>Clearway</b> <i>Formerly Compassion Pregnancy Resource Center</i> NEW Address: 358 Shrewsbury Street Worcester, Ma. 01604	Kim Wagner, RN (508)438-0144	Done one on one  Call to make an appointment	No Cost	English	No childcare  No transportation
Parenting Classes  How to raise rock solid kids curriculum – a Christian curriculum	<b>Clearway</b> <i>Formerly Compassion Pregnancy Resource Center</i> Pleasant Street Baptist Church165 Ashland Street Worcester 509-756-8754	Joyce Morse (509) 756- 8754	Call for days/times  Has been meeting the third Monday of the month 11:30-1pm	No Cost  For any parent in Worcester County	English	Childcare available depending on program capacity – call for more information  No transportation
Relapse Prevention Group	<b>Counseling and Assessment Clinic</b> 51 Union Street , Suite G02 Worcester, MA 01608	508-756-2005	Mondays 5-6pm (English) and Saturdays 11:00am – noon (Spanish	Various insurances accepted	English and Spanish	No childcare No transportation

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First Offender Driver Education Program Specialized sessions for transitional age youth and women held twice a year	<b>Counseling and Assessment Clinic of Worcester</b> 51 Union Street , Suite G02 Worcester, MA 01608 Cacworchester.org	508-756-2005	Wednesdays 5-7pm Saturdays 9-11am	Mass Health, some private ins. Or private pay	English and Spanish	No childcare No transportation
Various social activities and programs for people of all ages with special needs and their families; i.e., parent nights out, painting parties, bowling league, calming yoga, etc.	<b>Diamond in the Sky</b> P.O. Box 20234 Worcester, MA 01602  www.dits.org	774-823-5016	Gog top <a href="http://www.dits.org">www.dits.org</a> for more information about upcoming activities.	Gog top <a href="http://www.dits.org">www.dits.org</a> for more information		
REFUGEE GROUPS- for refugees from Iraq, Bhutan, Burma, and Burundi. Each group discussion includes different topics. There are women's and men's groups.	<b>Edward M. Kennedy Community Health Center</b> 19 Tacoma Street Worcester, MA 01605	Sue Schlotterbeck 508-852-1805	At Edward M. Kennedy Community Health Center 19 Tacoma Street, 3 <sup>rd</sup> Floor  Schedules vary for each group.	Refugee Populations FREE	Refugee Languages including Arabic, Nepali, Burmese, Kayah, Kirundi	Bus passes, food and certificates for all participants
Grandparents Raising Grandchildren Support Group	<b>Elder Services of Worcester Area, Inc</b>  <b>Group held at:</b> YWCA 1 Salem Square Worcester 01608	Debbie Dowd-Foley at Elder Services of Worcester- 508-756-1545	Meets the 2 <sup>nd</sup> Tuesday of each month from 6-8pm	For Grandparents and other kin	English	Free childcare Transportation- none

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<p>“Just Dad’s group”</p> <p>This group gives young dad’s a chance to connect with other dads, get help and support and generate ideas for future programs. Explore topics pertaining to finances/money management, parenting styles, nutrition, father-child activities, and relationships.</p>	<p><b>Family Continuity Programs</b> 29 E. Mountain Street, 2<sup>nd</sup> floor Worcester  508.755.0556</p>	<p>Susan Tremblay  508-234-4181 x 5093</p>	<p>TBD based upon referrals</p>	<p>Geared towards young dads only, under 30</p>	<p>English</p>	<p>Childcare and transportation</p>
<p>Continuing Care Group: Open forum to discuss depression, anxiety and other issues in your life</p>	<p><b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220</p>	<p>508-753-3220 x2  No need to call – walk-in group</p>	<p>M, W, F 10-30-11:30</p>	<p>Open to anyone  Insurance based – various private and public insurances accepted</p>	<p>English</p>	<p>No childcare or transportation</p>
<p>Dialectical Behavior Therapy (DBT): The group focuses on treating people with borderline personality disorder (BPD) as well as chronically suicidal individuals. It combines standard cognitive-behavioral techniques for emotion regulation and reality-testing.</p>	<p><b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220</p>	<p>508-753-3220</p>	<p>Tuesdays from 1:15-2:15</p>	<p>The group focuses on treating people with borderline personality disorder (BPD) as well as chronically suicidal individuals.  Insurance based – various private and public insurances accepted</p>	<p>English</p>	<p>No childcare or transportation</p>

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Suboxone Group: narcotic addiction support group	<b>Island Counseling</b> 108 Grove Street Worcester, MA 01605 / 508-753-3220	508-753-3220 x4  No need to call – walk-in group	Thursdays, 11:15-12:00	Open to anyone with a narcotic addiction  Insurance based – various private and public insurances accepted	English	No childcare or transportation
Children Cope with Divorce Parent Education Seminars	<b>Jewish Family Services Worcester</b> 646 Salisbury Street Worcester, MA 01609	508-755-3101	Call for times  Or visit <a href="http://www.ifsworcester.org/family/childrenCope-seminars.ask">www.ifsworcester.org/family/childrenCope-seminars.ask</a>	Cost is \$80 per person *pre-registration is required Participants receive a court-required certificate of attendance upon completion of the seminar	English	No childcare or transportation
A peer-led support network for families dealing with addiction and recovery in a family member	<b>Learn to Cope</b> Meetings held at Adcare Hospital 107 Lincoln Street Worcester, MA 01605	For more information go to : <a href="http://www.learn2cope.org">www.learn2cope.org</a> Contact: Sue, Central Regional Manager, at 508-738-5148 (press 5) or by email at <a href="mailto:skrikorian@learn2cope.org">skrikorian@learn2cope.org</a>	Meets every Thursday evening from 7:00 – 8:30pm	Parents, family members, spouses and caregivers with a family member who is addicted to opiates alcohol or other drugs	English	No transportation , no childcare



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<p>Therapeutic support group:  For people who have been impacted by an under the influence incident including, but not limited to, the loss of a loved one.</p>	<p><b>LUK Crisis Center Inc.</b> 40 Southbridge Street, 4<sup>th</sup> floor Worcester, MA 01608</p>	<p>Anne Womer 508-762-3056</p>	<p>Contact for dates and times</p>	<p>For anyone affected by someone operating under the influence incident – all ages encouraged to attend No cost</p>	<p>English</p>	<p>Yes, transportation Yes, childcare</p>
<p>Mosaic Circles Groups: Father's Circle Peace Circle Trauma Circle.</p>	<p><b>Mosaic Cultural Complex</b> 41 Piedmont Street, Worcester, MA 01610</p>	<p>Brenda Jenkins at 508.963.3878</p>	<p>We meet on Saturdays at 4:00pm</p>	<p>Men only - age 17+ can attend the Mosaic Circles</p>	<p>Languages spoken are English and Spanish</p>	<p>No transportation is provided and there is childcare sometimes.</p>
<p>Support Group for Youth who have been sexually abused/assaulted  Child Sexual Abuse Treatment and Recovery Program (CSTAR)</p>	<p><b>MSPCC</b> 335 Chandler Street Worcester, MA 01602</p>	<p>CSTAR Group Leader (508) 753-2967  Please call before attending.</p>	<p>On-going, rolling groups running in 6-8 week cycles.  Please contact Group Leader about current and upcoming group offerings.</p>	<p>Youth, ages 4-18, who have been sexually abused/assaulted.  Gender &amp; age-range vary by group cycle.  Free.</p>	<p>English</p>	<p>Bus passes available  No child care</p>

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<p>Support Group for Caregivers of Youth who have been sexually abused/assaulted</p> <p>Child Sexual Abuse Treatment and Recovery Program (CSTAR)</p>	<p><b>MSPCC</b> 335 Chandler Street Worcester, MA 01602</p>	<p>CSTAR Group Leader (508) 753-2967</p> <p>Please call before attending.</p>	<p>On-going, rolling groups running in 6-8 week cycles.</p> <p>Please contact Group Leader about current and upcoming group offerings.</p>	<p>Parents and caregivers of youth who have been sexually abused/assaulted.</p> <p>Free.</p>	<p>English</p>	<p>Bus passes available</p> <p>No child care</p>
<p>Healthy Families Parent Support Group</p>	<p><b>MSPCC</b> 335 Chandler Street Worcester, MA 01602</p>	<p>Speak directly to your home visitor</p>	<p>April-June (8 week sessions)</p>	<p>Only Parents enrolled in MSPCC Healthy Families Program</p>	<p>English and Spanish</p>	<p>Yes for transportation</p> <p>Yes for childcare</p>
<p>Teen Youth Group: HOPE- Helping Others Promote Equality–</p> <p>A non- therapeutic peer support group for teens with behavioral, emotional, or mental health needs.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League – Worcester</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Lydia Proulx, Youth Program Manager 508-767-9725</p>	<p>Group meets on Tuesdays 5:00pm-6:30pm</p>	<p>Teens ages 13-19 years old who are living with emotional, behavioral or mental health needs.</p> <p>No referral or insurance needed</p> <p>FREE</p>	<p>English only</p>	<p>Free dinner</p>

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<p>Young Adults Group: YAYA – Young Adults &amp; Youth Advocacy</p> <p>A non-therapeutic peer support group for young adults with behavioral, emotional, or mental health needs. Focus on support and developing skills for independence.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Lydia Proulx, Youth Program Manager 508-767-9725</p>	<p>Group meets on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays 5:00pm-6:30pm</p>	<p>Young adults ages 17+ who are living with emotional, behavioral, or mental health needs. No referral or insurance needed. FREE</p>	<p>English</p>	<p>Free dinner</p>
<p>Parent Support Group</p> <p>If you're raising a child/youth/teen that is challenging and may have Emotional, Behavioral, and/or Mental Health needs; please come and meet other parents and caregivers who understand the struggles and victories of raising exceptional and challenging kids.</p>	<p><b>(PPAL) Parent / Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Group Facilitator- Anne Hurst ahurst@ppal.net</p> <p>RSVP to parentsupportgroup@ppal.net 508- 767-9725</p>	<p>Group meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month 5:30pm-7:30pm</p>	<p>Parents/Caregivers and family members who support children, youth, and young adults with emotional, behavioral and/or mental health needs.</p> <p>FREE</p>	<p>English</p>	<p>Free dinner</p> <p><i>Limited Childcare available. Registration is required.</i></p>
<p>Parent Support Group</p> <p>Moving Forward: Our Journey</p> <p>A Group for Empowering Families through Transition Age Youth Planning.</p>	<p><b>(PPAL) Parent/ Professional Advocacy League</b> 40 Southbridge Street, Suite 310 Worcester, MA 01608</p>	<p>Group Facilitator- Rick Benoit rbenoit@ppal.net</p> <p>RSVP to parentsupportgroup@ppal.net 508-767-9725</p>	<p>Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month 6:00pm – 8:00 pm</p>	<p>Parents/Caregivers and family members who support youth and adults (13 yrs. old – 30 yrs. old) with emotional, behavioral and/or mental health needs.</p> <p>FREE</p>	<p>English</p>	<p>Snacks provided</p> <p>No Child Care</p>

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Parent Support Share experiences and get support and encouragement from other parents.	<b>Parents Helping Parents</b>	Mara at 508-852-4239.	Group meets on Mondays from 6:30-8:00pm at the Guild of St. Agnes: 129 Granite Street Worcester. Call for directions to meeting room.	For parents feeling frustrated, overwhelmed, anxious, or isolated in their role as a parent or guardian. <ul style="list-style-type: none"> <li>• Parent interaction</li> <li>• Also for guardians and grandparents</li> </ul>	English	No transportation Child Care available
Parental Stress Line: for those who can't attend meetings or who would like to discuss problems on an emergency basis.	<b>Parents Helping Parents</b>	Call 1-800-632-8188, 24 hours a day.	n/a	No Cost	Translation service in all languages is available.	n/a
NEW ONLINE Parent Support  Share experiences and get support and encouragement from other parents.	<b>Parents Helping Parents</b>	Rita, 617-926-5008 x102 or <a href="mailto:Rita@parentshelpingparents.org">Rita@parentshelpingparents.org</a> .  Instructions and passwords will be provided.	Groups convene ONLINE Tuesdays at noon and Wednesdays at 9pm.	For parents feeling frustrated, overwhelmed, anxious, or isolated in their role as a parent or guardian. <ul style="list-style-type: none"> <li>• Parent interaction</li> <li>• Also for guardians and grandparents</li> </ul>	English	n/a

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<p>Sexual Assault Groups (Healing Circles)</p> <p>Topics include but not limited to:</p> <ul style="list-style-type: none"> <li>• Rape Survivors,</li> <li>• Adult Survivors of Childhood Sexual Abuse/Incest;</li> <li>• Teen</li> <li>• College Age</li> <li>• Latino/a (Spanish Speaking)</li> <li>• Male Survivors</li> <li>• LGBT (adult and youth),</li> <li>• Healing Through Creativity</li> <li>• Deaf Survivors <b>(ASL)</b>,</li> <li>• No-offending family, friends, partners <i>and any individuals regardless of race, ethnicity, ability, sexuality, gender or economic status</i></li> </ul>	<p><b>Pathways for Change, Inc.</b></p> <p>588 Main Street, Worcester, MA 01608 and 275 Nichols Rd, Fitchburg, MA 01420</p> <p>800-870-5905 (English) 1-800-223-5001 (Spanish)</p> <p>For more information please contact: <a href="mailto:lrutherford@centralmasspfc.org">lrutherford@centralmasspfc.org</a> or call 508-852-7600 ext. 112.</p> <p><u>OR</u></p> <p>For information in ASL please contact: Stephanie R-L 508-502-7681 (VP) or <a href="mailto:sreynolds-king@centralmasspfc.org">sreynolds-king@centralmasspfc.org</a></p>	<p>1. Linda 508-852-7600 X113 (m-f 9-5)</p> <p>2. Stephanie 508-502-7681 (video phone m-f 9-5)</p> <p>3. Heidi Sue 508-852-7600 x 117 (m-f 9-5)</p>	<p>Call for more information</p>	<p>All are services are FREE; Pre-screening required</p>	<p>English, Spanish &amp; ASL</p>	<p>Transportation: No: however offices are on bus routes and next to municipal parking garage (<b>bus and parking passes available</b>)</p> <p>No Child Care</p>

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Fathers Support Group	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610 (508) 755-1228	Chris Nelson (508)755-1228 Ext. 231	Every Tuesday 5:45pm- 7:15pm	Open to all fathers	English only	Transportation upon request, Child care is available
Parenting Class	<b>Pernet Family Health Service</b> 237 Millbury Street Worcester, MA 01610 (508) 755-1228	Chris Nelson 508-755-1228 Ext.231	Call for dates and times	For DCF referred families Only  Requires a DCF referral through Family Networks	English only	Transportation and child care upon request
Various peer support and learning groups for adults with mental health conditions:  Healthy Living, Wellness Wednesday, Recovery story, Coffee hour, and more	Central Mass <b>Recovery Learning Community</b> NEW ADDRESS: 209 Shrewsbury Street Worcester Ma 01604	(508)751-9600 ( m- f ) 9:30am 3:30pm www.centralmassrlc.org  Contact is: Mike Whitney	Various days and times  Please call for details	18 and older with any mental health experience	English and Spanish & Portuguese	No Childcare  On bus routes 15
For Caregivers of Elders of Disabled Adults	<b>St. Francis Adult Day Health</b> 101 Plantation Street Worcester, MA 01604 Use the 37 Thorne Street Entrance	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  For any Caregivers of Elders or Disabled Adults	English	Refreshments served  No Transportation

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The Worcester SafePlace Group  Peer led support group for Survivors of Suicide	<b>Samaritans</b> 41 West Street 4th Floor Boston, MA 02111 <u>Meets at 4 Mann St., Worcester, MA 01602</u>	Debbie DiMasi Director of Grief Support Services 1-617-674-5237	1st & 3 <sup>rd</sup> Tuesday of every month, 7-8:30pm	All survivors of suicide loss	English	No Transportation
Southeast Asian Teen Support / Recreation Group, 'Youth Effect'	<b>Southeast Asian Center</b> 484 Main Street, Suite 400 Worcester, MA 01608	Kathy Chow 508-791-4373	After School for youth Mon- Friday 4:pm - 7:pm Wednesday 5pm-6pm	For all teens ages 9-19 Youth Effect	English & Southeast Asian languages	No childcare
Partial Hospitalization and Day Treatment program  <u>Levels of care</u> Partial Hospitalization Program Intensive Outpatient Addiction Program Structured Outpatient Addiction Program Day Treatment	<b>South Bay Day Services</b> 340 Main St Suite 819 Worcester Ma 01608	<u>For referrals to any of the programs Please contact:</u> 508-752-3969 Heather Rosenquist extension 1207 Azajuah Johnston extension 1300 Or Julie DiLeo, Program Director extension x1203	<b>Office Hours: Monday-Friday from 8:30am-4:30pm</b>	Insurance based payment  This program is for adults male and females age 18+ with mental illness.	English	Transportation based on insurance

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<p>Toddler Play Group</p> <p>Playgroups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends.</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Tuesday – Friday, 10:00am – 12:30pm</p>	<p>Children 18mo-3yrs  FREE</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention</p>
<p>Sensory Play Group</p> <p>Playgroups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends.</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Fridays from 2:00-3:00pm</p>	<p>Children birth-3yrs with their parents  FREE</p>	<p>English and Spanish</p>	<p>Childcare provided  Transportation for families enrolled in Early Intervention</p>
<p>Mom’s Support Group:</p> <p>Driven by moms. Mutual support for mom’s with children from birth to six</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1501</p>	<p>Mondays from 10:00-11:00am</p>	<p>Any moms looking for support</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention  snacks included, babysitting age 0-6</p>
<p>Grandparents Raising Grandchildren Support Group</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 X1501</p>	<p>Mondays from 11:30-12:30pm</p>	<p>Any grandparents looking for support</p>	<p>English and Spanish</p>	<p>Transportation for families enrolled in Early Intervention  snacks included, babysitting age 0-6</p>



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Parent Step Curriculum Group: An 8 week parenting course that focuses on practical skills you need to help your children from the start. Also provides effective discipline strategies that promote both self-esteem and mutual respect</p>	<p><b>South Bay Early Childhood,</b> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Merrie Mackenzie, M.Ed. 774-823-1500 x1500</p>	<p>Tuesdays from 5:15 – 6:15pm</p>	<p>Any parents looking for support</p>	<p>English</p>	<p>Snacks included</p>
<p>Worcester Aftercare Program through Straight Ahead Ministries.</p> <p>Reintegration Services From Lock Up to Independence We provide reintegration services through (1) assistance with relationship building through the provision of caring adult mentors, (2) educational services (3) employment &amp; training and placement opportunities (4) case management to address barriers</p>	<p><b>Straight Ahead Ministries</b> 791 Main Street Worcester, MA 01610 (508)753-8700</p>	<p>Contact: Ron Waddell x106</p>	<p>Ongoing</p>	<p>For young men and women (ages 14-24) who have been detained or sentenced and served time for a nonsexual criminal law violation within the past 90 days</p>	<p>English &amp; Spanish</p>	

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>AFT is parent-run confidential Support Group to share personal concerns and needs around adoptive parenting.</p> <p>AFT provides education, advocacy, support; and, welcomes adopted individuals, birth parents, foster parents and all those with a connection to adoption.</p>	<p><b>Worcester Adoptive Families Together (AFT)</b>  Held at the MSPCC Office, 335 Chandler St., Worcester, MA  <b>** <u>in the Community Room at NuCafe</u> directly next door</b></p>	<p>For further information on other AFT groups throughout the area go to: <a href="http://www.mspcc.org">www.mspcc.org</a> or contact:  Deb Tambeau, -508-769-9607  Donna Warren, -508-799-2347</p>	<p>Meets the 3rd <b>Thursday of the month</b> from 7 pm – 9 pm.</p>	<p>Open to foster, pre and post adoptive parents, and kinship families.</p>	<p>English</p>	<p>No childcare and no transportation</p>
<p>Nutrition Support/ breastfeeding Peer Counseling</p> <p>WIC is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to Massachusetts families who qualify. WIC stands for Women, Infants and Children</p>	<p><b>Worcester WIC program.</b>  <b>Family Health Center of Worcester</b>  199 Chandler Street  Worcester, MA 01609</p>	<p>Family Health Center, 508-796-7000</p> <p>Edward M. Kennedy Health Center, 508-853-2904.</p> <p>Plumley Village, 508-799-9392.</p> <p>Mill Swan Head Start, 508-755-4750</p>	<p>Call for an appointment or walk In Monday-Friday 8:30 to 3:00pm</p> <p>199 Chandler St, Worcester, MA  Tuesday, Thursday, Friday 8:30- 5:00  Monday &amp; Wednesday 8:30am – 7:30pm</p>	<p>WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 or a pregnant woman. Mass health standard &amp; DTA recipients automatically qualify.</p>	<p>All Languages</p>	<p>No childcare and no transportation</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Community Public Access Center- TV Production classes, volunteer opportunities. Youth Media programming, non-profit outreach, grassroots television journalism &amp; more</p> <p>Helping support groups to educate and inform the public through use of a television and web forums</p>	<p><b>WCCA TV 13 “The People’s Channel”</b> 415 Main Street Worcester, Ma.</p>	<p>Mauro DePasquale Executive Director (508)755-1880 Ext. 11</p>	<p>Scheduled basis- 9am-closing</p>	<p>Anyone who lives, works, or studies in Worcester</p>	<p>Mainly English however programs offered in numerous languages</p>	<p>No transportation or child care offered</p>
<p>Family Needs Parent Group -</p> <p>Activities to promote parent leadership &amp; peer support.</p>	<p><b>WCCC /Worcester Community Connections</b> Coalition Affiliated with YOU Inc. 484 Main St., Suite 460 Worcester, MA 01608 (508)796-1411</p>	<p>Emily Neubig 508-796-1411 x420 or Anne Bureau at x418</p>	<p>The 2<sup>nd</sup> Tuesday of each Month At 5 pm</p>	<p>All parents or caregivers</p> <p>Free of charge</p>	<p>English</p>	<p>Yes, transportation Yes, child care</p>
<p>Parenting Journey</p> <p>The Parenting Journey is a 12-week journey designed for parents who want to learn more about themselves, their childhood relationships and the relationships with their children. Participants will also learn about resources to help with parenting.</p>	<p><b>Worcester Connections Family Resource Center of YOU Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>English: Pam Moshier 508-796-1411 x417</p> <p>Spanish: Rosa Salazar 508-796-1411 X 416</p>	<p>12 week sessions; one in the Fall and one in the Spring</p> <p>*Upcoming groups are <b>open for registration</b></p> <p>Spanish Group starting in February 2016</p>	<p>All parents or caregivers</p> <p>FREE</p>	<p>English &amp; Spanish</p>	<p>Limited Childcare available and bus passes. A light breakfast served.</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Nurturing Parenting Program</p> <p>A 16 week curriculum for building healthy and caring families by enhancing self-worth, empathy, discipline, and empowerment.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> <i>in collaboration with the MA Department of Children and Families and South Bay Early Childhood</i> 548 Park Avenue, Suite B, Worcester MA01603</p>	<p>Pam Moshier 508-796-1411 x417</p>	<p>16 week sessions; held once a year</p> <p>Coming again next year</p>	<p>FREE</p> <p>All parents or caregivers and the children. All attend and have a curriculum by age group.</p>	<p>English</p>	<p>Transportation and light supper.</p>
<p>Father's Nurturing Parenting Program</p> <p>An evidence – based, 13-week training course designed to teach parenting and nurturing skills to men</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> <i>in collaboration with the MA Department of Children and Families and South Bay Early Childhood</i> 484 Main Street, Worcester MA 01608</p>	<p>Pam Moshier 508-796-1411 x417</p>	<p>13 Sessions</p> <p>Starting in February 2016 Registration is open!</p>	<p>FREE</p> <p>All fathers or male caregivers</p>	<p>English</p>	<p>Transportation and childcare</p>

Continued on next page

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Self-Care, a Spanish Parent Support Group</p> <p>Come meet with other parents, get support and learn from guest speakers who will present important subjects for parents and the community.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Rosa Salazar 508-796-1411 X 416</p>	<p>The group currently meets the third Wednesday of each month from 9:30-11:30am Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>All Spanish speaking parents or caregivers</p> <p>FREE</p>	<p>Spanish</p>	<p>Transportation and childcare and a light snack.</p>
<p>Grandparents Raising Grandchildren: A support group for grandparents raising their grandchildren with an emphasis on helping caregivers connect to community resources</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411 <a href="http://www.worcestercommunityconnections.org">www.worcestercommunityconnections.org</a></p>	<p>Once per month on the FIRST Saturday that we are open. Varied dates From 10:45-11:45 a.m. Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Grandparents who act in a parenting role for their grandchild.</p> <p>FREE</p>	<p>English and Spanish</p>	<p>Limited Bus passes and light breakfast</p>
<p>Successful Parenting of Teens. Parents of teens a structured support group where you can ask questions, seek support and make connections with other parents.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411 Ask For Monique <a href="http://www.worcestercommunityconnections.org">www.worcestercommunityconnections.org</a></p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Thursday evening from 5:30-6:30p Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Parents and parenting partners who have a teen-aged child.</p> <p>FREE</p>	<p>English</p>	<p>Limited bus passes and light snack.</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Families in Action/Teens in Action A 6 week parenting education series where parents and teen break out into their own nurturing session then the family comes back together of the evening for family time.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411 Ask for Matt or Monique</p>	<p>Offered twice yearly. Next class forming now. Date to be finalized late Spring</p>	<p>Parents and the teens  FREE</p>	<p>English</p>	<p>Bus passes and light snack.</p>
<p>Monthly Parent Workshop The focus is about teaching or informing Parents who speak Spanish about a topic they about which the group has expressed an interest in learning. Outside speakers as well as in-house facilitators.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>508-796-1411 Rosa X 416</p>	<p>Each month on the 3<sup>rd</sup> Thursday from 9:30-11:30  Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>Parents  FREE</p>	<p>Spanish</p>	<p>Bus passes, child care, light breakfast.</p>
<p>READ, PLAY CREATE  Parent/Child Activity For parents of children under age 5.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b> 484 Main Street, Suite 460 Worcester, MA 01608</p>	<p>Pam Moshier (508)796-1411 X 417</p>	<p>Monday Mornings 10:00 – 11:30 Registration suggested to ensure sufficient teaching materials and snacks.</p>	<p>FREE Children must be accompanied with parent. Children under age 5</p>	<p>English and Spanish</p>	<p>Bus passes are available on a limited basis.</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Parenting with Love and Logic  A collaboration of Worcester Public Schools and the YWCA  A 5-week group for parents with very young children who are interested in raising children with nurturing methods.</p>	<p><b>Worcester Connections Family Resource Center of YOU, Inc.</b>  484 Main Street, Suite 460  Worcester, MA 01608</p>	<p>508-796-1411</p>	<p>Offered again in March 2016  <b>Registration is open</b>  Evening at the YWCA. from 5-7:30</p>	<p>FREE    Parents of very young children up to age 5.</p>	<p>English</p>	<p>Bus passes are available on a limited basis, childcare and light supper.</p>
<p>Playgroups  Playgroups offer children a safe, leader-led time where they can explore their world and develop new friendships. They are a wonderful opportunity to play and interact with your child and meet new friends. Come and enjoy the company of other families with young children. Books, puzzles, toys, blocks, and more await you and your child!</p>	<p><b>Worcester Family Partnership</b>  130 Leeds Street  Worcester, MA 01606  (508) 799-3136</p>	<p>Beth Vietze  (508)799-3136</p>	<p>Times and locations vary – please call</p>	<p>Children ages 0-5</p>	<p>English and Spanish</p>	<p>If needed.</p>

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Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Low Vision</p> <p>Bereavement Support Group by Holy Trinity Hospice</p> <p>Caregiver Support Group by Caregiver Homes</p> <p>Friends of Bill W. B.B.S.S.</p>	<p><b>Worcester Senior Center</b> 128 Providence St. Worcester, MA 01604</p> <p>--</p>	<p>Call 508-854-0700</p> <p>Call Worcester Senior Center 508-799-1233</p> <p>Call Worcester Senior Center 508-799-1233</p> <p>Call Doreen K. 508-981-8436</p>	<p>3<sup>rd</sup> Friday of the month 10 a.m.-noon</p> <p>Thursdays 10 am - 11 am</p> <p>4<sup>th</sup> Thursday of the Month 10 am – 11:30 am</p> <p>Fridays 12:00 - 1:30pm</p>	<p>Anyone with low vision</p> <p>No cost</p> <p>No cost</p> <p>No cost</p> <p>No cost</p>	<p>English</p> <p>--</p>	<p>Call WRTA re: ADA Transportation 508-752-9283</p> <p>--</p>
<p>Worcester Youth Center</p> <p>Academic and Work Readiness &amp; drop-in programs (including GED and college access)</p>	<p><b>Worcester Youth Center</b> 326 Chandler Street Worcester, MA 01602</p>	<p>508-791-4702 Member Services</p>	<p>Monday-Fridays 2:00-7:00 pm</p>	<p>Youth Ages 14-24 No cost, membership form</p>	<p>English/Spanish</p>	<p>Transportation for youth in the evenings going home.</p>
<p>13-15 year old Girls: Healthy Relationships for Girls: with trauma histories and difficulty navigating puberty</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 508-849-5600x421</p>	<p>Accepting referrals</p> <p>Wednesday 5:00-6:00pm</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p> <p>Office is located by a bus stop</p>
<p>16-19 year old Girls: Healthy Relationships for Girls: with trauma history, sexual issues and attachment issues</p>	<p><b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604</p>	<p>Centralized Referral Dept.: 508-849-5600x421</p>	<p>Tuesdays 6:30-7:30</p>	<p>Mass Health; some private insurances; private pay</p>	<p>English</p>	<p>Transportation for Mass Health Clients</p> <p>Office is located by a bus stop</p>



Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
JSI: Group for boys with sexual offending or harmful behavior (ages 13-17)	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Accepting referrals  Wednesdays from 6:00-7:30 or Thursdays from 6:00-7:30	Mass Health; some private insurances; private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
LGBTQ & YOU: Clients struggling with issues related to gender and/or sexuality	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Accepting referrals  Tuesdays 5:30-6:30	Mass Health	English	Transportation for Mass Health Clients  Office is located by a bus stop
PUNCH! Anger Management: Group treatment for middle school and high school aged youth who have difficulties managing their anger	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Rolling Admission	Mass Health, some private ins. Or private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
ASCEND: Group treatment for middle school or high school aged girls who could benefit from improving interpersonal relationships, increasing self-esteem and making positive choices	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Rolling Admission	Mass Health, some private ins. Or private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Adolescent Substance Abuse Services: A full continuum of care (SOAP/IOP, Outpatient) group treatment that focuses on substance abuse treatment for those 11-18 youth ages 13-18	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Rolling Admission	Mass Health, some private ins. Or private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
Rainbow Connection for Caregivers: Parents of clients struggling with issues related to gender and/or sexuality	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Tuesdays 5:30pm	Mass Health, some private ins. Or private pay		Transportation for Mass Health Clients  Office is located by a bus stop
Effective Parenting (affect management, communication, discipline)	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Accepting referrals  Tuesdays from 12:00 – 1:00 pm	Mass Health, some private insurances	English	Transportation for Mass Health Clients  Office is located by a bus stop
Effective Parenting (affect management, communication, discipline)	<b>YOU, Inc.</b> 81 Plantation Street Worcester, MA 01604	Centralized Referral Dept.: 508-849-5600x421	Accepting referrals  Thursdays from 11:00-12:00pm	Mass Health, some private ins. Or private pay	English	Transportation for Mass Health Clients  Office is located by a bus stop
Daybreak Domestic Violence	<b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608	Hotline 508-755-9030	Call for dates, times, & location	Adult victims of domestic violence  No cost	English & Spanish	No transportation
Breast / Reproductive Cancer Support Group, including Water Exercise, Health and Wellness	<b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608 (508) 767-2505	Maureen Burdulis, ENCOREPlus Facilitator (508) 767-2505 Ext. 5509	Held every Tuesday Water Exercise component 11:00-11:30, Support Group at noon	Free and open to any woman diagnosed with breast cancer or reproductive cancer.	English, Spanish if needed	No Transportation No childcare

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
<p>Young Parent Program (YPP) This program provides teen parents and pregnant teens the opportunity to complete their high school education through a Hi-SET program. Teen parents also receive community-based assistance such as childcare, case management, life and parenting skills training, job search assistance, health services, career exploration and more.</p>	<p><b>YWCA of Central MA</b> 1 Salem Sq. Worcester, MA 01608 (508) 767-2502</p>	<p>(508) 767-2505 x3028  Alyson Whalen</p>	<p>Mon, Tues, Thur 9:00am-2:30pm Wed, Fri 9:00am-12:00pm</p>	<p>DTA referred Parents under 21 years old, pregnant or with children</p>	<p>English</p>	<p>DTA provides childcare and transportation vouchers upon request.</p>
<p>Young Parents Program Prepare for the HiSET, meet other young parents, gain life skills, job search support, and child care resources</p>	<p><b>Training Resources of America</b> 2 Foster Street, 3<sup>rd</sup> Floor Worcester, MA</p>	<p>Call Teresa 508-753-2991</p>	<p>Call for dates and times</p>	<p>14-24 year old's who are pregnant or parenting and receiving TAFDC</p>	<p>English</p>	<p>Call to verify</p>
<p>First Offender Driver Alcohol Education Program Classes focus on consequences of substance use, dangers of drinking and driving, modifying substance use habits, coping skills, relapse prevention, impact of driving under the influence</p>	<p><b>Counseling and Assesment Clinic of Worcester LLC.</b> 51 Union Street, Suite G02 Worcester, MA 01608</p>	<p>Phone: 508-756-2005  Email: mamarsingh@ca cworcester.org</p>	<p>Wednesdays 5:00pm-7:00 pm  Saturdays 9:00am-11:00 am</p>	<p>MASS HEALTH, (MBHP, NHP,BMC, FALLON, NETWORK, TUFTS, UNIFY) COMMON-WEALTH CARE, UNITED BEHAVIORAL HEALTH AND BLUE CROSS BLUE SHIELD</p>	<p>English</p>	<p>Call to verify</p>

Type of Group	Agency & Address	Contact Name & Phone Number	When It Meets	Who Is Eligible/ Cost	Language(s) Spoken	Transportation Available? / Child care?
Relapse Prevention Group	<b>Counseling and Assesment Clinic of Worcester LLC.</b> 51 Union Street, Suite G02 Worcester, MA 01608	Phone: 508-756-2005  Email: mamarsingh@ca cworchester.org	Mondays 5:00am—6:00pm (English) Saturdays 11:00am— 12:00pm (Spanish)	MASS HEALTH, (MBHP, NHP,BMC, FALLON, NETWORK, TUFTS, UNIFY) COMMON- WEALTH CARE, UNITED BEHAVIORAL HEALTH AND BLUE CROSS BLUE SHIELD	English and Spanish	

*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 508-796-1418 with further updates.*

**(Last Updated 2/16)**

