



Parent and Caregiver Support Group

Is your child struggling with emotional or mental health challenges?

You are not alone!

All meetings are free, confidential and open to the public!

Share experiences in a non-judgmental setting of trust and acceptance
Network with others who have walked a similar path
Find information on community resources, current research, and
treatment options
Develop resiliency and self-care skills



*Childcare is
available at our
Malden Support
Group!*

Find a Support Group that works for you!
EVERETT- Third Thursdays 10:30 am -12:00 pm
MALDEN- 2nd and 4th Wednesday 6:15-7:45 pm
WAKEFIELD- 1st and 3rd Tuesday 6:30-8:30 pm

FOR LOCATION AND RESERVATION PLEASE CONTACT FACILITATOR
Martha Cregan, Family Support Specialist
508-688-5671
mcregan@eliotchs.org

*Support Group is funded by Eliot Community Human Services,
Massachusetts Department of Mental Health,
Also sponsored by Malden YMCA, Horizon House and Everett Family Resource Center*



Parent and Caregiver Support Group

You are Invited!

Announcing Our Newest Support Group

Thursday Mornings 10:30 AM -12:00 PM

Upcoming dates: 2.15.18 3.15.18 4.19.18

**Family Resource Center
548 Broadway, Everett, MA
Entrance by Maple Avenue**

Is your child struggling with emotional or mental health challenges?

You are not alone!

Groups will meet monthly

A Light Meal will be served! Child Care Available!

Share experiences in a non-judgmental setting of trust and acceptance

Network with other who have walked a similar path

Find information on community and educational resources

Develop your resilience and self-care skills

All meetings are free, confidential and open to the public!

PLEASE CONTACT FACILITATOR TO RESERVE YOUR SPOT

Martha Cregan Family Support Specialist

508-688-5671

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Eliot

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The following 10 Descriptors Define the Values and Purpose of the Parent and Caregiver Support Groups.

1. Support groups are an open community resource.
2. Support groups are designed for families who are challenged by the mental health needs of their children and adolescents.
3. Support groups are based on a parent-to-parent model and are facilitated by parents.
4. Support groups are based on support; parent blaming is off limits.
5. Support groups provide an opportunity for families to receive support, education and advocacy around the issues affected by their children's mental health disabilities.
6. Support groups are NOT parenting classes.
7. Support groups are voluntary. It is not appropriated that support groups be a component of a DCF treatment plan or part of a court ordered disposition.
8. Family Support Specialists do not monitor attendance of families.
9. Support groups function and look different in the different areas around the state. Some for instance, seem to attract parents of teens while others may attract parents with younger children. This is due in part to a self-selection process in which families attend if the group "fits" their needs.
10. Support groups are confidential.

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