

# Support Services

You may feel like you are the only grandparent raising your grandchild, but you are not alone. There are over 10,000 grandparents and relative caregivers raising children in Massachusetts.

Connecting with other grandparents and relative caregivers may help you and your family learn about new services and resources, meet others who know exactly what you are going through, and feel supported. In addition to support groups for grandparents raising grandchildren, there are other support services that you may want to consider to help you navigate this journey with your family.

## Support Groups:

Support Groups for Grandparents Raising Grandchildren:

- There are over 50 support groups for grandparents and relative caregivers throughout Massachusetts.
- For an alphabetical list by city/town visit: [www.massgrg.com](http://www.massgrg.com)

## Learn to Cope:

- Learn to Cope is a support network that offers education, resources, peer support, and hope for parents and family members coping with a loved one addicted to opiates or other drugs.
- For more information visit: [www.learn2cope.org](http://www.learn2cope.org)

## Adoption Journeys:

- Adoption Journeys provides a range of support groups for parents and adopted children.
- Services include information and referral, regional response team, support groups, and more.
- For more information visit: [CFS \(cfsservices.org\)](http://CFS.cfsservices.org)

## Parents Helping Parents of Massachusetts:

- Parents Helping Parents of Massachusetts provides support groups and a parental stress line that is free and confidential.
- For more information visit: [Parents Helping Parents](http://ParentsHelpingParents.org)

## Massachusetts Family Caregiver Support Program:

- The Family Caregiver Support Program provides free support services to eligible caregivers (you are over 60 years old and caring for a family member, including a grandchild).
- To learn more and to find a program near you visit: <https://www.mass.gov/info-details/family-caregiver-support-program>

## Other Supportive Services

**Massachusetts Family Resource Centers (FRCs)** are a statewide network of community-based providers. FRCs offer multi-cultural parenting programs, support groups, early childhood services, information and referral sources, and education to families whose children range in age from birth to 18 years of age. A Family Resource Center is located in each of the 14 Massachusetts counties. For more information and to find a Family Resource Center in your community visit: [www.frcma.org](http://www.frcma.org)

**MassOptions** is a service of the Massachusetts Executive Office of Health and Human Services. MassOptions connects elders, individuals with disabilities, and their caregivers with agencies and organizations that can best meet their needs. To access MassOptions, visit: [www.massoptions.org](http://www.massoptions.org)

**Parent and Professional Advocacy League (PPAL)** provides hope for children with mental health needs and their families through education, advocacy, outreach and support. Staff consists of family members with lived experience raising youth with emotional, behavioral and mental health challenges. PPAL offers events, family support and information. For more information visit: [www.ppal.net](http://www.ppal.net)

**Support After a Death by Overdose (SADOD)** provides resources, information and assistance to people throughout Massachusetts who have been affected by a death of someone they care about from a substance use related cause. To find a grief support group or to learn more visit: [www.sadod.org](http://www.sadod.org)

**Federation for Children with Special Needs** provides information, support, and assistance to parents with disabilities, their professional partners, and their communities. Most Federation staff members are parents or family members of children with disabilities and people with disabilities. The Federation offers peer-to-peer support, workshops, and training. For more information visit: [www.fcsn.org](http://www.fcsn.org)

*ADDITIONAL RESOURCE: **Kinship Navigator** is a program of the Commonwealth of Massachusetts that assists all kinship caregivers (grandparents and other relatives) with accessing services for themselves and the children they are raising. For more information please call 844-924-4546, or visit [www.mass.gov/kinship-navigator](http://www.mass.gov/kinship-navigator)*

Scan QR Code to connect with a Kinship Navigator Staff Member directly via Zoom  
9:00AM-12:00PM  
Monday-Friday



Join Zoom Meeting  
<https://zoom.us/j/98782564090?pwd=RS9LY2x3bXNlb3NQanl6QnJrQXNXQT09>

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