

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.
- Visit www.massgrg.com for an alphabetical list by city/town.

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.
- Visit www.learn2cope.org for more information

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.

- Visit www.child-familyservices.org/adoption-journeys-program or e-mail Adoptionjourneys@cfservices.org.

Parents Helping Parents of Massachusetts:

- Parents Helping Parents of Massachusetts provides support groups and a parental stress line that is free and confidential.
- Visit www.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).
Visit www.mass.gov/family-caregiver-support-program to learn more and find a program near you.

OTHER SUPPORT 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.

MassOptions connects elders, individuals with disabilities, and their caregivers with agencies and organizations that can best meet their needs. MassOptions is a service of the Massachusetts Executive Office of Health and Human Services. To access MassOptions, visit www.massoptions.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, please visit 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 contact Jennifer.s.kitchenham@state.ma.us or 844-924-4546, or visit www.mass.gov/kinship-navigator

Are you interested in starting a support group for grandparents/relative caregivers in your community?

The Commission on Grandparents Raising Grandchildren offers multiple trainings throughout the year for anyone interested in learning more about how to start a support group for grandparents raising grandchildren.

Contact the Commission for more information www.massgrg.com or e-mail Colleen.Pritoni@state.ma.us

The Commission on the Status of Grandparents Raising Grandchildren was established in 2008 to serve as a resource to the Commonwealth on issues affecting grandparents raising grandchildren and other relative grandchildren. The Commission works to provide information, resources, and support to the thousands of Massachusetts grandparents and relative caregivers by hosting community workshops, trainings, an annual conference, and maintaining an up to date website full of resources for caregivers. To receive newsletters from the Commission, or for more information, contact the Commission at www.massgrg.com. You can also contact the Director of the Commission at 617-748-2454 or e-mail colleen.pritoni@state.ma.us.