No matter where you are in your journey, there’s a support group ready to welcome you.

Our support groups are safe and welcoming spaces where you can meet with other community members with LGBTQ+ people in their lives, including families whose children have come out to them, friends and significant others, or those who are interested in learning how to become a better ally to LGBTQ+ people. These groups meet once or twice a month, are run by trained volunteers, most of whom are parents, and are filled with people who can offer support, answer questions, and link you to resources. These meetings are free of charge to attend and all information you share is confidential.

Some of our groups are beginning to meet in person. Please reach out to each group via e-mail to find out if they are meeting in-person this month & the location of their meeting space or to receive the Zoom meeting link and passcode. Groups are named by the town they meet in when in-person. No matter where you live, you can attend any group(s).

### Community-Focused Support Groups

We have two types of support groups - Community-Focused and Caregiver/Parent-Focused. Our Community-Focused groups are open to anyone who would like to attend to give or receive support and be connected. No matter who you are or where you are at in your journey, you are welcome. All ages and identities are welcome!

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
<th>Meeting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONCORD</td>
<td><a href="mailto:jnowak@baypath.org">jnowak@baypath.org</a></td>
<td>3rd Sunday, 7:00pm</td>
</tr>
<tr>
<td>ESSEX/CAPE ANN</td>
<td><a href="mailto:weeartie@yahoo.com">weeartie@yahoo.com</a></td>
<td>1st Tuesday, 7:00pm</td>
</tr>
<tr>
<td>FRAMINGHAM</td>
<td><a href="mailto:framingham@gbpflag.org">framingham@gbpflag.org</a></td>
<td>2nd Wednesday, 6:30pm</td>
</tr>
<tr>
<td>LEXINGTON</td>
<td><a href="mailto:lexingtonSupport@gbpflag.org">lexingtonSupport@gbpflag.org</a></td>
<td>2nd Thursday, 7:00pm</td>
</tr>
<tr>
<td>LOWELL</td>
<td><a href="mailto:lowellSupport@gbpflag.org">lowellSupport@gbpflag.org</a></td>
<td>1st Saturday, 10:00am</td>
</tr>
<tr>
<td>NANTUCKET</td>
<td><a href="mailto:nantucketPFLAG@gmail.com">nantucketPFLAG@gmail.com</a></td>
<td>1st Wednesday, 6:30pm</td>
</tr>
<tr>
<td>NEWTON/BELMONT</td>
<td><a href="mailto:newtonSupport@gbpflag.org">newtonSupport@gbpflag.org</a></td>
<td>4th Wednesday, 6:30pm</td>
</tr>
<tr>
<td>READING</td>
<td><a href="mailto:PFLAGreading@gmail.com">PFLAGreading@gmail.com</a></td>
<td>2nd Thursday, 7:00pm</td>
</tr>
<tr>
<td>SOUTH SHORE</td>
<td><a href="mailto:duxburyPFLAG@gmail.com">duxburyPFLAG@gmail.com</a></td>
<td>4th Monday, 7:00pm</td>
</tr>
<tr>
<td>METROWEST</td>
<td><a href="mailto:metrowestPFLAG@gbpflag.org">metrowestPFLAG@gbpflag.org</a></td>
<td>4th Monday, 7:00pm</td>
</tr>
</tbody>
</table>

A meeting for youth in Middle School is also offered.

A meeting for youth in High School is also offered.

Support at GBPFLAG, we offer support, education, and advocacy.

Visit us on the web to learn more about our other support, education, and advocacy programs:

www.gbpflag.org
Support at GBPFLAG, we offer support, education, and advocacy.

No matter where you are in your journey, there’s a support group ready to welcome you.

Our support groups are safe and welcoming spaces where you can meet with people who are experiencing similar challenges, joys, and concerns. In addition to our general Community-Support Groups, we also offer the following groups which are a space just for parents & caregivers suited to the unique needs of those looking to better support their child.

You are welcome in our parent/caregiver groups no matter the age of child in your life and all forms of caregivers are welcome - parent, legal guardian, foster parent, other family member, or otherwise a caregiver involved in a child’s life. Contact individual groups to learn more and connect with the group that is the best fit for you.

Parents & Caregivers of Children Who Are LGBTQ+

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
<th>Meeting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIPOC Caregivers</td>
<td><a href="mailto:BIPOCsupport@gbpflag.org">BIPOCsupport@gbpflag.org</a></td>
<td>4th Tuesday, 7:00pm</td>
</tr>
</tbody>
</table>

This group welcomes all parents & caregivers who self-identify as Black, Indigenous, and/or as a person of color (BIPOC), and is led by trained facilitators who are members of the BIPOC community.

Parents & Caregivers of Children Who Are Trans, Nonbinary, Gender Expansive & Questioning

Focused Groups:

- Transfeminine/Nonbinary
  - Transfeminine@gbpflag.org
  - 2nd Saturday, 9:00am

  **Transfeminine:** Anyone, binary or nonbinary, who was assigned male at birth and has a predominantly feminine gender identity or presentation, partially identifies as feminine, and/or identifies as feminine at least some of the time, and is not limited to those who use she/her pronouns

- Mom’s Coffee Hour
  - momsCoffee@gbpflag.org
  - 4th Saturday, 9:15am

- 10&Under/Littles
  - 10andUnder@gbpflag.org
  - 4th Saturday, 9:00am

  Focuses on topics most relevant to parents/caregivers of young and elementary-age children

- Tween+
  - tweenPlus@gbpflag.org
  - 3rd Tuesday, 6:30pm

  Focuses on topics most relevant to youth and those around them as they look ahead towards adolescence and as youth are near or in puberty

General Groups:

- ANDOVER/MMV
  - merrimackValleyPflagT@gbpflag.org
  - 2nd Tuesday, 7:00pm

- EASTON
  - eastonTransChapter@gbpflag.org
  - 1st Monday, 7:30pm

- WALTHAM
  - walthamChapterT@gbpflag.org
  - 1st & 3rd Saturdays, 9:00am

Some of our groups are beginning to meet in person. Please reach out to each group via e-mail to find out if they are meeting in-person this month & the location of their meeting space or to receive the Zoom meeting link and passcode.

Groups are named by the town they meet in when in-person. No matter where you live, you can attend any group(s). You are not required to attend a Parent/Caregiver-focused group - our Community-focused groups welcome you also!