

# Support AT GREATER BOSTON PFLAG

AT GBPFLAG, we offer support, education, and advocacy.

## GROUPS FOR PARENTS, FRIENDS, & MEMBERS OF THE LGBTQ+ COMMUNITY

These free groups are long standing sources of community support which provide confidential and non-judgmental spaces. You are welcome to attend no matter how recently your child, friend, or family member came out or how much you know about LGBTQ+ identities. As noted on the flyer, in addition to Community Focused groups, we also have some groups with specialty focuses, such as our Caregiver Focused groups!

**Currently all groups are meeting virtually online.** Contact the group email address for details on attending via Zoom or with any questions you may have. All are welcome.

Group Name	Contact	Monthly Meeting Time
<b>ANDOVER/MMV</b> *Trans/GNC Caregivers	merrimackvalleypflagT@gbpflag.org	2nd Tuesday, 7:00pm
<b>CONCORD</b>	kheideman@ametsoc.org	3rd Sunday, 7:00pm
<b>EASTON</b> *Trans/GNC Caregivers	eastontranschapter@gbpflag.org	1st Monday, 7:30pm
<b>ESSEX/CAPE ANN</b>	weeartie@yahoo.com	1st Tuesday, 7:00pm
<b>FRAMINGHAM</b> <i>A meeting for youth in Middle School is also offered.</i>	framingham@gbpflag.org	2nd Wednesday, 6:30pm
<b>LEXINGTON</b>	lexingtonsupport@gbpflag.org	2nd Thursday, 7:00pm
<b>LOWELL</b>	lowellsupport@gbpflag.org	1st Saturday, 10:00am
<b>NANTUCKET</b>	nantucketpflag@gmail.com	1st Wednesday, 6:30pm
<b>NEWTON</b>	newtonsupport@gbpflag.org	4th Wednesday, 6:30pm
<b>READING</b> <i>A meeting for youth in Middle/High School is also offered.</i>	pflagreading@gmail.com	2nd Thursday, 7:00pm Meets Sept - June
<b>METROWEST</b> <i>A meeting for youth in High School is also offered.</i>	metrowestpflag@gbpflag.org	4th Monday, 7:00pm
<b>WALTHAM</b> *Trans/GNC Caregivers	walthamchapterT@gbpflag.org	1st & 3rd Saturdays, 9:00am
<b>WALTHAM</b> *Transfeminine Caregivers	walthamtf@gbpflag.org	2nd Saturday, 9:00am
<b>Mom's Coffee Hour</b> *Trans/GNC Caregivers	momscoffee@gbpflag.org	4th Saturday, 9:00am
<b>12 &amp; Under</b> *TRANS/GNC Caregivers of kids 12yrs or younger	12andunder@gbpflag.org	4th Saturday, 9:00am

**In addition to our support groups, we also have a number of other support programs available!**

## **PARENT ONE TO ONE PROGRAM**

Talk to someone who understands. Want to meet a parent or caregiver that has experience supporting a child with a similar identity? Want someone to explain what worked for them as a caregiver, how they worked with their school, hospital, insurance, or extended family to support their child? We can match you with someone who'll get on the phone with you, email with you, text with you, and/or meet in a public place and share their experiences.

**VOLUNTEER RUN,  
CONFIDENTIAL HELPLINE (866)-427-3524**

**No matter where you are with supporting your child, our volunteers are standing by.**

This is a safe and confidential helpline with trained volunteers ready to listen, offer support, and provide resources. When you call this number you will leave a voicemail and get a call back shortly from someone who is ready to help you. Whatever information you share will be confidential.



**For more information or questions about GBPFLAG,  
email us at [info@gbpflag.org](mailto:info@gbpflag.org) or call our office at (781) 891-5966.**

*Keep up to date with us on social media @GBPFLAG on Instagram, Facebook and Twitter!*