



# Support **Greater Boston PFLAG**

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 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.

## 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!

Location	Contact	Meeting Time
CONCORD	<a href="mailto:jnowak@baypath.org">jnowak@baypath.org</a>	3rd Sunday, 7:00pm
ESSEX/CAPE ANN	<a href="mailto:weartie@yahoo.com">weartie@yahoo.com</a>	1st Tuesday, 7:00pm
FRAMINGHAM <i>A meeting for youth in Middle School is also offered.</i>	<a href="mailto:framingham@gbpflag.org">framingham@gbpflag.org</a>	2nd Wednesday, 6:30pm
LEXINGTON	<a href="mailto:lexingtonSupport@gbpflag.org">lexingtonSupport@gbpflag.org</a>	2nd Thursday, 7:00pm
LOWELL	<a href="mailto:lowellSupport@gbpflag.org">lowellSupport@gbpflag.org</a>	1st Saturday, 10:00am
NANTUCKET	<a href="mailto:nantucketPFLAG@gmail.com">nantucketPFLAG@gmail.com</a>	1st Wednesday, 6:30pm
NEWTON/BELMONT	<a href="mailto:newtonSupport@gbpflag.org">newtonSupport@gbpflag.org</a>	4th Wednesday, 6:30pm
READING	<a href="mailto:PFLAGreading@gmail.com">PFLAGreading@gmail.com</a>	2nd Thursday, 7:00pm <i>Meets Sept-June</i>
SOUTH SHORE	<a href="mailto:duxburyPFLAG@gmail.com">duxburyPFLAG@gmail.com</a>	4th Monday, 7:00pm
METROWEST <i>A meeting for youth in High School is also offered.</i>	<a href="mailto:metrowestPFLAG@gbpflag.org">metrowestPFLAG@gbpflag.org</a>	4th Monday, 7:00pm

**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).



P.O. Box 541619 Waltham, MA 02454

781.891.5966

[volunteers@gbpflag.org](mailto:volunteers@gbpflag.org)



@GBPFLAG

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

[www.gbpflag.org](http://www.gbpflag.org)



# Support @ Greater Boston PFLAG

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+

Location	Contact	Meeting Time
BIPOC Caregivers	BIPOCsupport@gbpflag.org	4th Tuesday, 7:00pm

*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
<i>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</i>		
Mom's Coffee Hour	momsCoffee@gbpflag.org	4th Saturday, 9:15am
10&Under/Littles	10andUnder@gbpflag.org	4th Saturday, 9:00am
<i>Focuses on topics most relevant to parents/caregivers of young and elementary-age children</i>		
Tween+	tweenPlus@gbpflag.org	3rd Tuesday, 6:30pm
<i>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</i>		

### 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!



P.O. Box 541619 Waltham, MA 02454 • 781.891.5966 • volunteers@gbpflag.org

in f i @GBPFLAG

Visit us on the web to learn more about our other support, education, and advocacy programs: [www.gbpflag.org](http://www.gbpflag.org)