

Empowering Parents to Nurture Children and Build Stronger Families



Parental Stress Line

Contact us 24/7
800-632-8188

Parenting Groups

Virtual or In-person

*"Our group really does feel like a family.
We take care of each other."*

*"I was able to talk about issues that I
haven't been able to ever talk about and
have support from other parents."*

www.parentshelpingparents.org
facebook.com/parentshelpingparents.ma

Services are free, confidential, anonymous

Parental Stress Line

24 hours/day, 7 days/week

Call 800-632-8188 with concerns related to your children or your family. Trained volunteer counselors answer and:

- Listen without judgment.
- Provide support and understanding.
- Help you plan what to do next.
- Interpretation available for any language.

Parenting Groups

- Meet other parents and caretakers who understand how you feel and support you.
- Share strategies and problem-solve together.
- Non-judgemental and confidential.
- Weekly drop-ins.
- Facilitated by a trained volunteer.

Find a group near you!

Go to www.parentshelpingparents.org
or call 617-926-5008 x108

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