

The following is a partial list of websites that list online groups or groups local to the Metrowest or Greater Worcester areas in MA.

## **General Directories**

- ◆ [www.dailystrength.org](http://www.dailystrength.org)
- ◆ [www.mentalhelp.net/selfhelp](http://www.mentalhelp.net/selfhelp)
- ◆ [www.dmoz.org/society/Support-Groups/](http://www.dmoz.org/society/Support-Groups/)
- ◆ [www.google.com/Top/Society/Support-Groups/](http://www.google.com/Top/Society/Support-Groups/)

## **Adult ADD**

- ◆ Attention Deficient Disorder Association: (ADDA): [www.add.org](http://www.add.org)

## **Alcoholism**

- ◆ General Website: [www.AA.org](http://www.AA.org)
- ◆ Local AA meetings and information: [www.aaboston.org](http://www.aaboston.org)
- ◆ General Website for family and teens: [www.A1-anon.alateen.org](http://www.A1-anon.alateen.org)
- ◆ Local meetings and information for family and teens: [www.ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)

## **Asperger's**

- ◆ Asperger's Association of New England: [www.aane.org](http://www.aane.org)

## **Autism**

- ◆ Autism Research Institute Defeat Autism Now! (DAN): [www.autism.com/](http://www.autism.com/)

## **Bereavement**

- ◆ Local Hospice support groups: [www.hospicefed.org/hospice\\_pages/byservices.htm](http://www.hospicefed.org/hospice_pages/byservices.htm)

## **Caregivers**

- ◆ Family Caregiver Alliance (chapters in Worcester and Middlesex counties): [www.caregiver.com](http://www.caregiver.com)

## **Chronic Illness / Cancer**

- ◆ Mass General Hospital: [www.mghsocialwork.org/support-groups.html](http://www.mghsocialwork.org/support-groups.html)
- ◆ UMass Memorial Hospital: [www.UMassmemorial.org](http://www.UMassmemorial.org),
- ◆ Massachusetts Breast Cancer Support Group Directory: [www.breastcancerrx.com/support-massachusetts.html](http://www.breastcancerrx.com/support-massachusetts.html)

## **Codependency**

- ◆ CoDA (Codependents Anonymous) local meetings and information: [www.necoda.org/](http://www.necoda.org/)

## **Compulsive Debt**

- ◆ Debtors Anonymous (DA) [www.debtorsanonymous.org](http://www.debtorsanonymous.org)

## **Compulsive Gambling**

- ◆ Gamblers Anonymous (GA) local meetings and information: [www.newenglandga.com](http://www.newenglandga.com)
- ◆ Massachusetts Council on Compulsive Gambling: [www.masscompulsivegambling.org](http://www.masscompulsivegambling.org)

## **Depression/Bipolar**

- ◆ UMass/Memorial Hospital, Worcester – Monday nights 7-9: [www.dbsaworcester.org](http://www.dbsaworcester.org)
- ◆ McLean Hospital 7-9 every Wednesday evening Depression/Bipolar: [www.dbsaboston.org](http://www.dbsaboston.org)

## **Diabetes**

- ◆ Local Diabetes Support Groups: [www.defeatdiabetes.org/support\\_groups\\_machusetts.htm](http://www.defeatdiabetes.org/support_groups_machusetts.htm)

## **Divorce**

- ◆ Divorce Center Support Groups: <http://www.divorcenter.org/resources/supportgroups.php>
- ◆ Divorce Care (church based): [www.Divorcecare.com](http://www.Divorcecare.com)

## **Drug Addiction**

- ◆ Narcotics Anonymous: [www.na.org](http://www.na.org)
- ◆ Local NA meetings and information: [www.newenglandna.org](http://www.newenglandna.org)

## **Eating Disorders**

- ◆ Multiservice Eating Disorders Association: [www.medainc.org](http://www.medainc.org)
- ◆ Eating Disorders Referral and Information Center: [www.edreferral.com](http://www.edreferral.com)

## **Elder Care**

- ◆ Local Senior Centers are a great resource. Centers for the Aged: 800-287-7284

## **Grief**

- ◆ Grief Share Grief Recovery Support Groups (church based): [www.Griefshare.org](http://www.Griefshare.org)

## **Loss of a Child**

- ◆ The Compassionate Friends (groups in Worcester and Holliston, MA): [www.compassionatefriends.org](http://www.compassionatefriends.org)

## **Mothers at Home**

- ◆ Mothers and More – The Assabet Valley Chapter has over 90 members and serves mothers with children of all ages: [www.mothersandmoreassabetvalley.org](http://www.mothersandmoreassabetvalley.org) or call (508-936-6882).

## **OCD**

- ◆ Online OCD support groups: [www.ocduk.org](http://www.ocduk.org)

## **Overeating**

- ◆ Overeaters Anonymous (OA) local meetings and information:  
<http://www.metrowestoa.org/meetings.html>

## **Suicide Prevention**

- ◆ The Samaritans in Framingham 2 and 4<sup>th</sup> Wednesday nights 7-9pm, (508)-872-1780:  
[www.Suicide.org/support-groups](http://www.Suicide.org/support-groups)

## **Volunteerism**

- ◆ Boston Channel 5: [www.thebostonchannel.com/commonwealth5](http://www.thebostonchannel.com/commonwealth5)
- ◆ Volunteer Match: [www.volunteermatch.org](http://www.volunteermatch.org)