

Continuous Support for Family and Provider Well-Being

If you are a parent or caregiver of a youth with mental health challenges...

A provider working with families who need respite services...

Or a respite/community youth worker seeking support...

Find out more about Riverside Caregivers SOAR!

Riverside Caregivers SOAR

A SERVICE OF RIVERSIDE COMMUNITY CARE

781-610-3199

SOAR@riversidecc.org



About Riverside Community Care

We make a difference in the lives of individuals, families, and communities through innovative and compassionate behavioral healthcare and human services.

A community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more. And we're extending our reach globally through behavioral health education programs, crisis management, training, and consulting.

Riverside Caregivers SOAR

117 Summer Street
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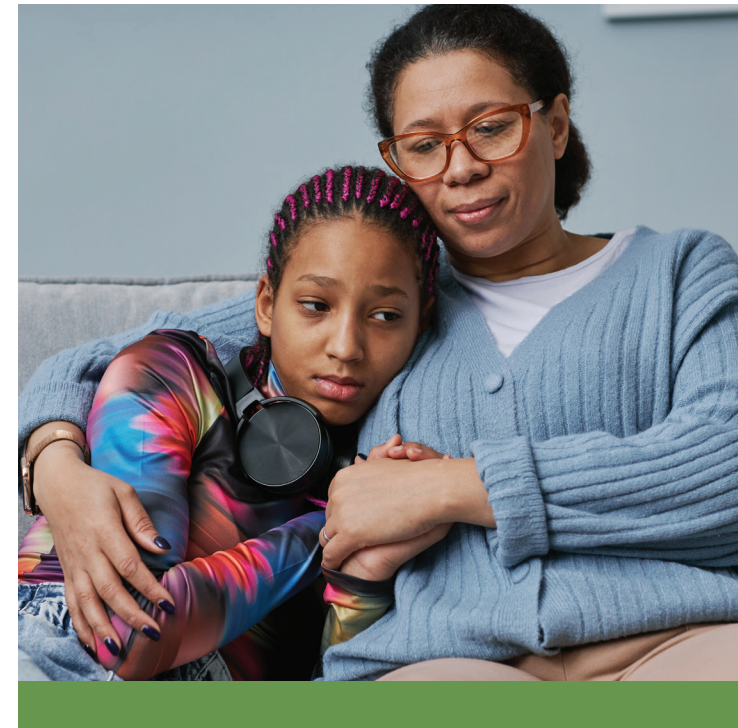
Riverside Community Care®

Leading the Way in Behavioral Healthcare & Human Services

www.riversidecc.org

RIVERSIDE CAREGIVERS SOAR

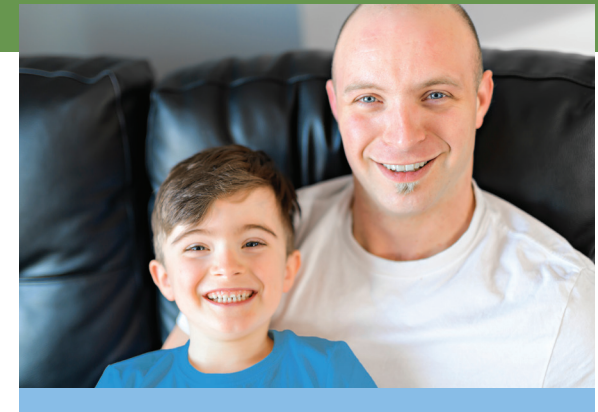
Sustainable Opportunities for Accessing Respite



*Continuous Support
for Family Well-Being*

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We See Strength – and Challenges

We understand the challenges of caring for children with mental health needs. Caregivers show constant, unwavering dedication, and finding time for their own self-care is tough. Our strength-based approach recognizes their resilience, supporting both their role and their own well-being.

Beyond the scope of conventional respite services, Riverside SOAR offers sustainable support so families can focus on rest, renewal, and building community connection. Our goal is to empower families so they can thrive, and to support caregivers so they can stay fully present for their children and keep their families together. And these services are flexible and free to families.

“I really appreciate respite breaks and parent support, and youth groups that can help my child with social skills and making friends.”

– Parent served by Riverside Child & Family Services

Help Is Here

Supporting caregivers is central to Riverside’s work with youth and families. Although respite looks different to each family and individual, the need for continuous support and deep community connection is common to all. Here are some of the services we offer:

Caregiver support

- Individual caregiver support plan
- Health and well-being coaching
- Family Partner who can relate to the caregiver’s journey
- In-person and virtual support groups
- Drop-in coffee hours to find support and resources

Child and teen support

- Year-round Saturday programming
- Summer, evening, and school vacation programs
- Coaching for transition-aged youth/emerging adults
- Health & well-being coaching to develop self-care skills
- Peer mentor who can relate to a youth’s experience

A Circle of Support

We work with everyone involved – individuals and families, along with community respite providers and organizations – to develop and maintain a sturdy framework for success. Our SOAR team includes health and well-being and sustainability coaches, a young adult peer mentor, and a family partner. Through coaching and working together, families build a strong and sustainable system of support:

- **Caregivers** find respite and build resilience.
- **Youth and families** build coping skills and strength.
- **Respite and community youth workers** reduce stress with well-being training.
- **Communities** are supportive and sustainable.

And our advisory council – with members including caregivers, youth, and community and Riverside representatives – meets periodically to identify ways to enhance services.

Contact us at 781-610-3199 or SOAR@riversidecc.org to find out more!