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**2 Grandparents Raising Grandchildren**
1:00-2:00 PM
LGBTQ + Teen Social Group
6:00pm-7:00 pm
Parents Raising LGBTQ + Youth

**4 Grandparents Raising Grandchildren**
1:00-2:00 PM

**5 LEADS**
3:00pm-4:00pm
OR 4:30pm-5:30pm
Drop in with Drea 4:00-5:00

**6 Fun Friday Facebook Activity Post**

**8 QFRC open Virtually 9:00-12:00 PM**

**9**

**10**

**11 Laundry Love Weymouth**
4:00-6:30 PM

**12 LEADS**
3:00pm-4:00pm
OR 4:30pm-5:30pm
Drop in with Drea 4:00-5:00

**13 Foster Care Info Session**
5:30 PM

**14 Fun Friday Facebook Activity Post**

**15**

**16**

**17 Martin Luther King Day**
QFRC Closed for the holiday

**18 Grandparents Raising Grandchildren**
1:00-2:00 PM

**19 LEADS**
3:00pm-4:00pm
OR 4:30pm-5:30pm
Drop in with Drea 4:00-5:00

**20 Nurturing your Parenting Skills**
4:00-6:00

**21 Fun Friday Facebook Activity Post**

**22 QFRC open Virtually 9:00-12:00 PM**

**23**

**24 Laundry Love Hull**
4:00-6:30 PM

**25**

**26 LEADS**
3:00pm-4:00pm
OR 4:30pm-5:30pm
Drop in with Drea 4:00-5:00

**27 Nurturing your Parenting Skills**
4:00-6:00

**28 Fun Friday Facebook Activity Post**

**29**

**Connect with us:** Quincy Family Resource Center @QuincyFRC quincyFRC@baystatecs.org

Quincy Family Resource Center | 1120 Hancock Street, 1st Floor | Quincy, MA 02169 | 617-481-7227 | www.QuincyFamilyRC.org
Grandparents Raising Grandchildren & Kinship Caregivers—Zoom support group for grandparents and kinship caregivers meets the 1st and 3rd Tuesday of the month from 1-2pm. For more information, contact Andrea at 617-639-4719 or email aroderick@baystatecs.org.

Nurturing Your Parenting Skills - Meets weekly via Zoom on Thursdays from 4:00-6:00. Learn age appropriate expectations for your child, behavioral management, discipline techniques and appropriate consequences in this Zoom group. For more information please reach out to Andrea at aroderick@baystatecs.org or 617.481.7227 x157.

LEADS—Learning Everyday Applied Skills for Success engages students (ages 11-18) in learning about positive decision making, leadership, taking responsibility, and healthy relationships. Meets weekly on Wednesdays, now offering two options for times: Option 1: 3:00-4:00 PM and Option 2: 4:30-5:30 PM. This group will be conducted via Zoom video online conferencing. Registration is required. Please contact Candice at 857.939.4078 or ekunigenas@baystatecs.org.

LGBTQ+ Teen Social Group – Tuesday, 11/2 from 6:00-7:00. A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and find support. Ages 12-18. Group will be conducted via Zoom online platform. Registration required. Please contact Candice at 617.481.7227 x193 or ekunigenas@baystatecs.org.

Parents Raising LGBTQ+ Youth Group — Tuesday, November 2nd from 7:00-8:00. Join us for discussion and conversation on topics that affect LGBTQ+ youth and how to support LGBTQ+ teens. COME WITH QUESTIONS! Group will be conducted via Zoom online platform. Please contact Candice at 857.939.4078 or ekunigenas@baystatecs.org for registration and information.

Free Period. Products and Supplies— We are grateful to be partnering with St. John the Evangelist (Hingham, MA) on their “Free.” initiative which provides free menstrual supplies to those in need on the South Shore. The products to support this biological function are an added expense placed on many who are already experiencing financial insecurity. Compounding this issue is that these products are not covered by benefits. This gap in need and coverage imposes yet another barrier to equity in education and employment as many are forced to miss school or work. If you need these products, please reach out to the Quincy Family Resource Center | Deb at dbaker@baystatecs.org or 617-481-7227 x196.

Birthday in a Bag— The QFRC is offering an ongoing event to help plan your child’s birthday! We will provide you with a bag full of birthday treats, gifts, and party supplies. You will need to register 2 weeks in advance before your child’s birth date. For more information, please contact Deb at dbaker@baystatecs.org or 617-481-7227 x196.

Drop-ins with Drea— Are you between the ages of 16 & 24 and in need of basic resources and information regarding things like employment, health insurance, housing, education, finances, etc.? The QFRC invites you to come on in!! Let’s “sip some tea”, chat about your situation and see how we can help!! Drop-in time is every Wednesday from 4:00PM-5:00PM. Any questions contact Drea at, aroderick@baystatecs.org or 617-481-7227 x157.

Laundry Love — Complimentary laundry services for families are being offered on a modified basis. Laundry supplies and preloaded laundry cards for clients are being left during the designated times asking everyone to use on the honor system. Please remember to follow proper social distancing and wear face masks- we really want everyone to be safe! Tuesday, 11/1 at 4:00-6:30pm on (the 2nd Tuesday of each month) at Superwash 1620 S. Main Street, South Weymouth, and Monday, 1/24 (4th Monday of each month) at 4:00-6:30pm at Superwash 259 Nantasket Ave Hull, MA. The last load must go in by 5:45 PM. This is provided by St. John’s Episcopal Church in Hingham, with support from the Quincy Family Resource Center. Signs are posted at each location with instructions and contact information. For more information contact Laundrylove@outlook.com.

Have You Considered Becoming A Foster Parent? Join us on Thursday, 1/11 at 5:30pm for a virtual information session about becoming a foster parent and make a difference in a child’s life. For more information, please contact Jahnea by phone at 508-894-3906 or by email at Jahnea.Johnson@massmail.state.ma.us or Christine Barry at 781-864-5103.

Fun Friday Social Media — Be on the lookout for virtual activities posted every Friday on the Quincy Family Resource Center Facebook page! These videos include fun activities for children of all ages and are a great way to keep kiddos busy during this time. Be sure to check it out!

Coming Winter 2022

ATTENDS—Does your child struggle with attending school? The goal of this parent group is to increase school attendance by providing parents with tools needed to address these concerns and increase their child’s likelihood of lifelong success. For more information contact Robyn Dunphy at 617-481-7227 ext.141. or by email rdunphy@baystatecs.org.

Knowledge is Power — This group empowers young women (ages 12-18) to become bulletproof by making safe relationship choices, recognizing warning signs in relationships, practicing social media safety, and developing an awareness around and prevent exploitation. Registration required. For more information please contact Andrea Roderick at aroderick@baystatecs.org or at 617-481-7227 x 157.

HOW TO REACH US!
The Quincy Family Resource Center is available to support you, offering individual support for families, referrals for services, assessments, and groups in person or on Zoom. If you need any assistance, please contact Melissa Harrison at 617-481-7227 x165 or email QFRC@baystatecs.org. Any schedule changes will be posted on our website and social media pages.

QFRC Monday-Friday Hours of Operation
Monday 9am-5:00pm
Tuesday 9am-7:30pm
Wednesday 9:30am-5:30pm
Thursday 9am-7:30pm
Friday 9am-5pm
2nd & 4th Saturday of the Month: 9am-12pm

Some of the groups require the caregiver to stay on site based on the child's age.
However, all caregivers must check in with child of ALL AGES during first visit.*