

Quincy Family Resource Center

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Spring into Wellness Activity Post	3 Grandparents Raising Grandchildren 1:00-2:00 Spring into Wellness Group In person 4:00-5:00 LGBTQ + Teen Social Group 6:00pm-7:00 pm <u>Parents Raising LGBTQ+ youth 7:00-8:00</u>	4 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Drop in with Drea 4:00-5:00	5 Parenting Journey (in-person) 5-7 PM	6 Family Fun Friday Activity Post	7	
8	9 Spring into Wellness Activity Post	10 Spring into Wellness Group In person 4:00-5:00	11 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Drop in with Drea 4:00-5:00	12 Nurturing your Parenting Skills 4-6 PM Zoom Parenting Journey (in-person) 5-7 PM	13 Family Fun Friday Activity Post	14 QFRC open 9:00-12:00 PM	
15	16 Spring into Wellness Activity Post	17 Grandparents Raising Grandchildren 1:00-2:00 Spring into Wellness Group In person 4:00-5:00	18 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Drop in with Drea 4:00-5:00	19 Nurturing Your Parenting Skills 4-6 PM Zoom Foster Parent Info Session 5:30 Parenting Journey (in-person) 5-7 PM	20 Family Fun Friday Activity Post	21	
22	23 Spring into Wellness Activity Post Laundry Love Hull 4:00 -6:30	24 Spring into Wellness Group In person 4:00-5:00	25 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Drop in with Drea 4:00-5:00	26 Nurturing your Parenting Skills 4-6 PM Zoom Parenting Journey (in person) 5:00 - 7:00	27 Family Fun Friday Activity Post	28 QFRC Remote—Virtual 9:00-12:00 PM	
29	30  CLOSED MEMORIAL DAY Monday, May 30th	31 Spring into Wellness Group In person 4:00-5:00	 MENTAL HEALTH AWARENESS MONTH				

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 617-481-7227 x157 or email aroderick@baystatecs.org

Nurturing Your Parenting Skills Spring Session - Learn age appropriate expectations for your child, behavioral management, discipline techniques and appropriate consequences in this group. Spring Session begins May 12th and runs through June 30th. For more information please reach out to Kelly at kheffernan@baystatecs.org or at 617-481-7227 ext. 155.

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 617-481-7227 x193 or ckunigenas@baystatecs.org.

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

LGBTQ+ Teen Social Group – Tuesday, May 3rd 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 and in person at 1120 Hancock Street, Quincy, MA. Registration required. Please contact Jackie at 617.481.7227 ext. 166. jwalorz@baystatecs.org.

Raising an LGBTQ+ Teen Group- Tuesday, May 3rd from 7:00-8:00. Join us for discussion and conversation on topics that affect LGBTQ+ teen and how to support LGBTQ+ teens. This support group is facilitated by Dr Jenelle who can be reached at Jenelle@drjenelle.com or at 781-754-4111. COME WITH QUESTIONS! Group will be conducted via Zoom online platform. Please contact Jackie at 617.481.7227 ext. 166. or jwalorz@baystatecs.org to register or for more information.

You may also join using Zoom:

<https://us02web.zoom.us/j/86505290469?pwd=d3E3dnI4WnpRaFRJQ2pVMXJ3cmpLUT09>

Meeting ID: 865 0529 0469

Passcode: QFRC

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 menstruation 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 QFRC by contacting 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.

Have You Considered Becoming A Foster Parent? Join us on Thursday, 5/19/2022 at 5:30pm for a virtual information sessions 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 e-mail at Jahnea.Johnson@massmail.state.ma.us or Christine Barry at 781-864-5103.

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! **Monday, 5/23** (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 Laundrylovecj@outlook.com

Family Fun Social Media – Be on the lookout for virtual activities posted throughout the month on the Quincy Family Resource Center Facebook page and Instagram post! These videos include fun activities for children of all ages and are a great way to reengage with your kiddos.

New for Spring 2022

Parenting Journey— Parenting is a Journey in which all parents need support and guidance. Connect with other parents during guided discussions that will help develop knowledge and skills that support you as a parent and role model. This in person group begins May 5th and runs through July 21st. For more information contact Robyn Dunphy at 617-481-7227 ext.141. or rdunphy@baystatecs.org or Thomas at thaynes@baystatecs.org

Spring into Wellness— Is an in person wellness activity group designed to get kids active and help them establish lifelong healthy habits. This group is suited to kids ages 6 -14 years old and will run in person every Tuesday from 4:00-5:00 in May. For more information please contact Jackie at jwalorz@baystatecs.org or at 617-481-7227 ext. 166.

Knowledge is Power – This is an in person group that empowers female youth (ages 12-18) to become fearless 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 QuincyFRC@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

Note due to the holiday weekend on Saturday 5/28 services will be offered remotely