

September 2022

Quincy Family Resource Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LGBTQ+ Youth Social Group 6:00pm-7:00 pm <u>Foster Parent info session</u> 5:30Pm-6:30PM	2 Family Fun Friday Activity Post	3
4	5 Labor Day Office Closed	6 Grandparents Raising Grandchildren 1:00PM to 2PM	7 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00	8	9 Family Fun Friday Activity Post	10 QFRC open 9:00-12:00 PM
11	12	13	14 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00	15 Nurturing your parenting skills 4PM-6PM Parenting Journey 4PM—6PM	16 Family Fun Friday Activity Post	17
18	19	20 Grandparents Raising Grandchildren 1:00PM to 2PM	21 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00	22 Nurturing your parenting skills 4PM-6PM Parenting Journey 4PM—6PM	23 Family Fun Friday Activity Post	24 QFRC open 9:00-12:00 PM
25	26 Laundry Love Hull 4:00pm-6:30pm	27	28 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00	29 Nurturing your parenting skills 4PM-6PM Parenting Journey 4PM—6PM	30 Family Fun Friday Activity Post	

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. Tuesday 9/6 and 9/20. For more information, contact Andrea at 617-481-7227 x157 or email aroderick@baystatecs.org

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.

Living Life Out Loud- 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 Andrea at,

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

LGBTQ+ Youth Social Group – Thursday, September 1st 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 11-18. 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 or jwalorz@baystatecs.org

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, 9/1/2022 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.

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 feed! These posts include fun activities for children of all ages and are a great way to reengage with your kiddos.

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, September 26th 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 Laundrylovej@outlook.com

New for Fall 2022

Nurturing your Parenting Skills—learn age appropriate exceptions for your child, behavioral management, discipline techniques, and appropriate consequences. Fall session begins September 15th through November 3rd. For more information please contact Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 ext. 166.

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 as a role model. For more information please contact Andrea Roderick at aroderick@baystatecs.org /617-481-7227 ext. 175 or Robyn Dunphy at rdunphy@baystatecs.org / 617-481-7227 ext. 141

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