

February 2023

Quincy Family Resource Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>CELEBRATE BLACK HISTORY MONTH FEBRUARY 2023</p>			<p>1 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00</p>	<p>2 LGBTQ+ Youth Social Group 6pm-7pm Nurturing Your Parenting Skills 3:30pm- 5:00pm</p>	<p>3 Family Fun Friday Activity post</p>	<p>4</p>
<p>5 2023 Lunar New Year Festival 11am—4pm North Quincy High School</p>	<p>6</p>	<p>7 Grandparents Raising Grandchildren 11:00am to 12:00pm Knowledge is Power 4:30pm -6:00pm</p>	<p>8 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00</p>	<p>9 Have you considered becoming a foster parent group at 5:30pm Nurturing Your Parenting Skills 3:30pm- 5:00pm</p>	<p>10 Family Fun Friday Activity post</p>	<p>11 QFRC Open 9:00am—12:00pm</p>
<p>12</p>	<p>13 Valentines Activity 3:30pm- 4:30pm</p>	<p>14 Knowledge is Power 4:30pm -6:00pm Valentine's Day</p>	<p>15 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00</p>	<p>16 Nurturing Your Parenting Skills 3:30pm-5:00pm</p>	<p>17 Family Fun Friday Activity post</p>	<p>18</p>
<p>19</p>	<p>20 WE WILL BE CLOSED ON PRESIDENTS DAY </p>	<p>21 Grandparents Raising Grandchildren 11:00am to 12:00pm Knowledge is Power 4:30pm -6:00pm</p>	<p>22 LEADS 3:00pm-4:00pm OR 4:30pm-5:30pm Living Life Out Loud 4:00—5:00</p>	<p>23 Nurturing Your Parenting Skills 3:30pm-5:00pm</p>	<p>24 Family Fun Friday Activity post</p>	<p>25 QFRC Open 9:00am—12:00pm February Activity 10:30-11:30</p>
<p>26</p>	<p>27 Laundry Love Hull, MA 4:00pm-6:30pm</p>	<p>28 Knowledge is Power 4:30pm -6:00pm Cool Calm & Collected 4:00pm—5:00pm</p>				

Grandparents Raising Grandchildren & Kinship Caregivers- Zoom support group for grandparents and kinship caregivers meets the 1st and 3rd Tuesday of the month from 11:00am-12:00pm in person. Tuesday 2/7 and 2/21. 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, with two options offered for times: Option 1: 3:00-4:00pm and Option 2: 4:30-5:30pm 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.

LGBTQ+ Youth Social Group – Thursday, 2/2 from 6:00-7:00. A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and allies. **Ages 11-14.** Group will be conducted 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, 2/9 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 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 for parents & caregivers to engage with their 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, 2/27 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

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

Quincy Family Resource Center | 1120 Hancock Street, 1st Floor | Quincy, MA 02169 | 617-481-7227 | www.QuincyFamilyRC.org

New for February 2023

Family Fun Activities— Families please join us in a free family fun activity group. Monday 2/13 3:30pm-4:30m or Saturday 2/25 from 10:30-11:30am. For more information, please contact Jacquelyn Walorz at 617-481-7227 ext. 166 or jwalorz@baystatecs.org

Living Life Out Loud—LOL—Are you between the ages of 16 - 24 and in need of basic resources and information regarding things like employment, health insurance, housing, education and transition planning, finances, etc.? The QFRC invites you to come on in and chill!! Let’s talk about how we can help you live L.O.L!!! FREE pizza, drinks, and snacks!! Drop-in time is every Wednesday from 4:00PM-5:00PM. Any questions contact Andrea at aroderick@baystatecs.org or 617-481-7227 x157

Knowledge is Power – This is a 10-week 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. **Group will be held every Tuesday from 4:30PM – 6:00PM starting February 7, 2023 – April 11, 2023. Registration is required.** For more information, please contact Andrea Roderick at aroderick@baystatecs.org or at 617-481-7227 x 157.

Nurturing Your Parenting Skills (NYPS)—Learn age appropriate exceptions for your child, behavioral management, discipline techniques, and appropriate consequences. Winter session begins Thursday January 19th through March 9th from 3:30pm-5:00pm . For more information please contact Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 ext. 166 or Andrea Roderick at aroderick@baystatecs.org or 617-481-7227 ext 157.

Cool Calm & Collected— This is a new group for teens ages 13-18. The focus of this 6 week program is to help teens find positive & healthy ways to manage their anger. This group will run on Tuesdays from 4:00 to 5:00pm via Zoom and in person beginning Tuesday February 28th through Tuesday April 4th. Registration is required. For more information please contact Cass Nielsen at Cnielsen@baystatecs.org or 617-481-7227 ext. 149

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 Jackie Walorz at 617-481-7227 x166 or email jwalorz@baystatecs.org Any schedule changes will be posted on our website and social media pages.

Note: the office will be closed on Monday 2/20/23 in observance of Presidents’ Day

***2/5/2023 Lunar New Year Festival 11am—4pm
North Quincy High School***

QFRC Monday-Friday Hours of Operation

Monday 9am-5pm
Tuesday 9am-7:30pm
Wednesday 9:30am-5:30pm
Thursday 9am-7:30pm
Friday 9am-5pm

2nd & 4th Saturday of the Month: 9am-12pm