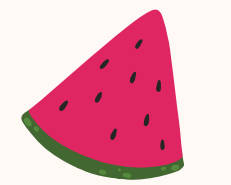
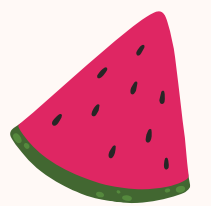




# June 2023

## Quincy Family Resource Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 28	 <b>Memorial Day- Office Closed</b> 29	<b>Cool. Calm. Collected. 4:00pm-5:00pm</b> 30	<b>LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm</b> <b>Living Life Out Loud 4:00pm-5:00pm</b> 31	<b>LGBTQ+ Youth Social Group 6:00pm-7:00pm</b> <b>HEARTS 4:00pm- 5:00pm</b> <b>Nurturing Your Parenting Skills 5:30pm- 6:30 pm</b> 1	<b>Family Fun Friday Facebook Post</b> 2	 3
 4	<b>Active Parenting 4pm-5pm</b> 5	<b>Grandparents Raising Grandchildren 11am- 12:00pm</b> 6	<b>LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm</b> <b>Living Life Out Loud 4:00pm-5:00pm</b> 7	<b>Have you considered becoming a foster parent group at 5:30pm</b> <b>Nurturing Your Parenting Skills 5:30pm- 6:30 pm</b> 8	<b>Family Fun Friday Facebook Post</b> 9	<b>QFRC Open 9:00am- 12:00pm</b> 10
11	<b>Active Parenting 4pm-5pm</b> 12	<b>Cool. Calm. Collected. 4:00pm-5:00pm</b> 13	<b>LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm</b> <b>Living Life Out Loud 4:00pm-5:00pm</b> <b>LGBTQ+ &amp; Allies Teen Social Group 4:00pm-5:00pm</b> 14	<b>LGBTQ+ Youth Social Group 6:00pm-7:00pm</b> <b>Nurturing Your Parenting Skills 5:30pm- 6:30 pm</b> 15	<b>Family Fun Friday Facebook Post</b> 16	17
 18	<b>Juneteenth- Office Closed</b>  19	<b>Grandparents Raising Grandchildren 11am- 12:00pm</b> <b>Cool. Calm. Collected. 4:00pm-5:00pm</b> 20	<b>LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm</b> <b>Living Life Out Loud 4:00pm-5:00pm</b> 21	<b>Nurturing Your Parenting Skills 5:30pm- 6:30 pm</b> 22	<b>Family Fun Friday Facebook Post</b> <b>School's Out Event 3:00pm- 4:30pm</b> 23	<b>QFRC Open 9:00am- 12:00pm</b> 24
25	<b>Laundry Love Hull, MA 4:00pm-6:30pm</b> 26	<b>Cool. Calm. Collected. 4:00pm-5:00pm</b> <b>Parenting Journey 5:30pm-7:30pm</b> 27	<b>LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm</b> <b>Living Life Out Loud 4:00pm-5:00pm</b> <b>LGBTQ+ &amp; Allies Teen Social Group 4:00pm-5:00pm</b> 28	<b>Nurturing Your Parenting Skills 5:30pm- 6:30 pm</b> 29	<b>Family Fun Friday Facebook Post</b> 30	1



**Grandparents Raising Grandchildren & Kinship Caregivers-** This support group is for grandparents and kinship caregivers. GRG meets the 1st and 3rd Tuesday of the month from 11:00 am-12:00 pm in person. Tuesday 6/6 and 6/20. For more information, contact Andrea at 617-481-7227 x157 or email [aroderick@baystatecs.org](mailto: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: 3:00-4:00 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](mailto:ckunigenas@baystatecs.org).

**LGBTQ+ Youth Social Group –** Thursday, 6/1 and 6/15 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. The 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](mailto: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](mailto:aroderick@baystatecs.org) or 617-481-7227 x157

**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](mailto: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 birthdate. For more information, please contact Deb at [dbaker@baystatecs.org](mailto:dbaker@baystatecs.org) or 617-481-7227 x196




**Have You Considered Becoming A Foster Parent?** Join us on Thursday, 6/8 at 5:30 pm for a virtual information session about becoming a foster parent and make a difference in a child's life. For more information, please contact Fatima by phone at 508-894-3841 or by e-mail at [Fatima.sequeira@mass.gov](mailto:Fatima.sequeira@mass.gov) 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 pre-loaded laundry cards for clients are being left during the designated times asking everyone to use the honor system. Please remember to follow proper social distancing and wear face masks- we really want everyone to be safe! Monday, 6/26 from 4:00-6:30 pm 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](mailto:Laundrylovej@outlook.com)



Connect with us: Quincy Family Resource Center  QuincyFRC  @QuincyFRC  [quincyFRC@baystatecs.org](mailto:quincyFRC@baystatecs.org)

Quincy Family Resource Center | 1120 Hancock Street, 1st Floor | Quincy, MA 02169 | 617-481-7227 | [www.QuincyFamilyRC.org](http://www.QuincyFamilyRC.org)



**"School's out for Summer" Resource Fair and Community Event- Celebrate the end of the school year and the start of summer vacation with us! There will games and activities, cool giveaways, tasty treats and a FREE Kona Ice Truck. Local resources will also be present. The event will be held at 1120 Hancock Street, Quincy, Ma 02169 on June 23rd from 3:00pm-4:30pm.**

**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 June 13th through July 25th. Registration is required. For more information please contact Cass Nielsen at [cnielsen@baystatecs.org](mailto:cnielsen@baystatecs.org) or 617-481-7227 ext. 149

**LGBTQ and Allies Teen Social Group- Wednesday, 6/14 and 6/28 from 4:00pm-5:00pm . A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and allies. Ages 15-18. The group will be conducted in person at 1120 Hancock Street, Quincy, MA. Registration required. Please contact Cass at 617.481.7227 ext. 149 or [cnielsen@baystatecs.org](mailto:cnielsen@baystatecs.org).**

**HEARTS- HEalthy Alternatives and Reduction in Teen Substance- misuse** is a 6-week, group-based curriculum that focuses on helping teens aged 13-18 years old that are struggling with substance misuse. The program will educate them in mindfulness, self-awareness, and strategies for handling the challenging choices they must make regarding using substances. A screening process and registration is required. This hybrid group begins Thursday, April 27th through Thursday, June 1st and runs from 4:00pm to 5:00pm in-person or via zoom at the QFRC located at 1120 Hancock Street, 1st floor, Quincy MA 02169. For more information or to register, please contact Jackie at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or at 617-481-7227 x166.

**Nurturing Your Parenting Skills (NYPS)—Learn age appropriate expectations for your child, behavioral management, discipline techniques, and appropriate consequences. Spring session begins Thursday May 18th through July 6th from 5:30- 6:30 via zoom . For more information please contact Jackie Walorz at [Jwalorz@baystatecs.org](mailto:Jwalorz@baystatecs.org) or 617-481-7227 ext. 166 or Cass Nielsen at [cnielsen@baystatecs.org](mailto:cnielsen@baystatecs.org) or 617-481-7227 ext.149.**

**Active Parenting-** Caregivers learn age appropriate expectations for your child, behavioral management, discipline techniques and appropriate consequences. Group meets virtually, via Zoom, on Mondays from 4pm-5pm. This group will run from 5/15/23 – 6/12/23. Registration required, contact Cass Nielsen at [cnielsen@baystatecs.org](mailto:cnielsen@baystatecs.org) or 617-481-7227 ext.149

**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 June 27th and runs through Sept 19th from 5:30pm-7:30pm. For more information contact Jackie Walorz at 617-481-7227 ext.166. or [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org).**

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](mailto:jwalorz@baystatecs.org) Any schedule changes will be posted on our website and social media pages.

Note: The QFRC office will be closed on Monday, June 19th in observance of Juneteenth.



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

