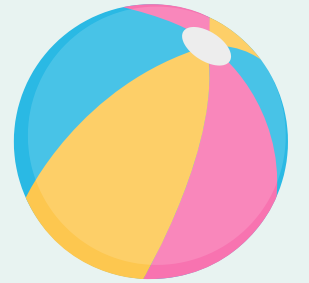




August 2023

Quincy Family Resource Center



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Grandparents Raising Grandchildren 11am- 12:00pm Nurturing Your Parenting Skills	2 LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	3 LGBTQ+ Youth Social Group 6:00pm-7:00pm	4 Family Fun Friday Facebook Post	5
6	7	8 Nurturing Your Parenting Skills	9 LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	10 Have you considered becoming a foster parent group at 5:30pm	11 Family Fun Friday Facebook Post	12 QFRC Open 9:00am- 12:00pm
13	14	15 Grandparents Raising Grandchildren 11am- 12:00pm Nurturing Your Parenting Skills	16 LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	17 LGBTQ+ Youth Social Group 6:00pm-7:00pm	18 Family Fun Friday Facebook Post	19
20	21	22 Nurturing Your Parenting Skills	23 LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	24	25 Family Fun Friday Facebook Post	26 QFRC Open 9:00am- 12:00pm
27	28 Laundry Love Hull, MA 4:00pm-6:30pm	29 Nurturing Your Parenting Skills	30 LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	31		



NEW FOR AUGUST 2023

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 8/1 and 8/15. 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: 3:00-4:00 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.

LGBTQ+ Youth Social Group – Thursday, 8/3 and 8/17 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

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 jackie at jwalorz@baystatecs.org or 617-481-7227 x166.

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 Jackie at jwalorz@baystatecs.org or 617-481-7227 x166.

Have You Considered Becoming A Foster Parent? Join us on Thursday, 8/10 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 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, 8/28 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

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

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 September 12th to October 17th. Registration is required. For more information please contact Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 ext. 166

Nurturing Your Parenting Skills (NYPS)—Learn age appropriate expectations for your child, behavioral management, discipline techniques, and appropriate consequences. Summer session begins Tuesday July 18th through September 5th from 5:30- 6:30 via zoom . For more information please contact Jackie Walorz at Jwalorz@baystatecs.org or 617-481-7227 ext. 166

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.

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

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

