



September 2023

Quincy Family Resource Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Family Fun Friday Facebook Post	
3		Grandparents Raising Grandchildren 11am- 12:00pm	LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm	Have you considered becoming a foster parent group at 5:30pm LGBTQ+ Youth Social Group 6:00pm-7:00pm	Family Fun Friday Facebook Post	QFRC Open 9:00am- 12:00pm
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Nurturing Your Parenting Skills 4pm - 5pm Laundry Love Hull, MA 4:00pm-6:30pm	Parenting Journey 5:30pm-7:30pm	LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm Living Life Out Loud 4:00pm-5:00pm HEARTS 4:00pm- 5:00pm	Cool. Calm. Collected. 3pm - 4pm OR 5pm - 6pm LGBTQ+ Youth Social Group 6:00pm-7:00pm	Family Fun Friday Facebook Post	QFRC Open 9:00am- 12:00pm

BACK TO SCHOOL



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 9/5 and 9/19. 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, 9/17 and 9/21 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

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

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 at 617-481-7227 ext. 166.

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, 9/7 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, 9/25 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

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 Thursdays from 3pm-4pm or from 5pm to 6pm via Zoom beginning Thursday September 14th and running till October 19th . Registration is required. For more information please contact Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 ext. 166.

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 Wednesday September 13th through Wednesday October 18th and runs from 4:00pm to 5:00pm 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 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. The fall session begins Monday September 25th and runs through November 13th from 4pm - 5pm via zoom . For more information please contact Andrea Roderick at Aroderick@baystatecs.org or at 617-481-7227 ext. 157.

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 Tuesday September 26th and runs through November 27th from 5:30pm-7:30pm. For more information contact Jackie Walorz at 617-481-7227 ext.166. or 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 Any schedule changes will be posted on our website and social media pages.

Note: The QFRC office will be closed on Monday, September 4th in observance of Labor Day

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



We're Going Back To School

