



MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
31 					1	2
3	4	5 Grandparents Raising Grandchildren 11am- 12:00pm Parenting Journey 5:30pm - 7:00pm	6 NYPS 430-530 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	7 LGBTQ+ Youth Social Group 6:00pm-7:00pm	8 Time For Moms 11:00am - 12:00pm	9 QFRC Open 9:00am- 12:00pm
10 Harriet Tubman Day Beginning of Ramadan	11 HEARTS 4pm-5pm	12 Parenting Journey 5:30pm - 7:00pm	13 NYPS 430-530 Have you considered becoming a foster parent group at 5:30pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	14 Cool. Calm. Collected. 5:00pm-6:00pm	15	16
17 	18 HEARTS 4pm-5pm	19 Parenting Journey 5:30pm - 7:00pm Grandparents Raising Grandchildren 11am- 12:00pm	20 NYPS 430-530 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	21 Cool. Calm. Collected. 5:00pm-6:00pm  LGBTQ+ Youth Social Group 6:00pm-7:00pm	22 Time For Moms 11:00am - 12:00pm	23 QFRC Open 9:00am- 12:00pm
24	25 Laundry Love Hull, MA 4:00pm-6:30pm HEARTS 4pm-5pm	26 Parenting Journey 5:30pm - 7:00pm	27 NYPS 430-530 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	28 Cool. Calm. Collected. 5:00pm-6:00pm	29  Easter Egg Hunt 10:30am-11:30am	30

NEW FOR MARCH 2024

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 2/6 and 2/20. 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, 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 — 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. On the first and third Thursday of each month, 3/7 and 3/21 from 6:00-7:00pm. 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 Marisol at mvelazquez@baystatecs.org or 617-481-7227 x149.

Have You Considered Becoming A Foster Parent? Join us on Wednesday, 3/13 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.

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. **Monday, 3/25 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

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 5 week program is to help teens find positive & healthy ways to manage their anger. This group will run on Thursdays from 5pm to 6pm via Zoom. Registration is required. For more information please contact Jackie Walorz at jwalorz@baystatecs.org or at 617-481-7227 ext.166, Registration is required.

Time For Moms — A group where you can come together in a safe place to exchange ideas, share experiences, and information and at the time receive and offer support. This group will be offered the second and fourth Friday of each month from 11am - 12pm. The February dates are 2/9 and 2/23. For more information and to register please contact Marisol Velazquez at 617-481-7227 ext. 149 or at mvelazquez@baystatecs.org

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. This 12 week long group is set to start **Tuesday January 30th to April 16th from 5:30 - 7:00.** For more information please contact Andrea Roderick at Aroderick@baystatecs.org /617-481-7227 ext. 157 or Jacquelyn Walorz at Jwalorz@baystatecs.org / 617-481-7227 ext. 166

Nurturing Your Parenting Skills (NYPs) — Learn age appropriate exceptions for your child, behavioral management, discipline techniques, and appropriate consequences. Winter session begins **Wednesday February 14th through Tuesday April 3rd from 4:30pm-5:30pm** . 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.

Please Come join the QFRC on Friday March 29th at 1030 for an Easter egg hunt and more! Please arrive on time for game rules and instructions!

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.



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

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