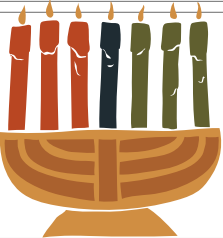





DECEMBER 2024

QUINCY FAMILY RESOURCE CENTER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Parenting Journey 5:00 - 7:00pm	4 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm	5 Cool, Calm, Collected 6:00-7:00pm	6	7
8	9	10 Grandparents Raising Grandchildren 11:00am- 12:00pm Parenting Journey 5:00 - 7:00pm	11 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm Foster Parent Info Session 5:30pm	12 Cool, Calm, Collected 6:00-7:00pm LGBTQ+ Youth Social Group 6:00-7:00pm	13 Time For Moms 11:00am - 12:00pm	14 QFRC Open 9:00am- 12:00pm
15	16	17 Grandparents Raising Grandchildren 11:00am- 12:00pm Parenting Journey 5:00 - 7:00pm	18 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm	19 Cool, Calm, Collected 6:00-7:00pm	20	21
22	23 Laundry Love Hull, MA 4-6:30pm	24	25 Happy Holidays CLOSED	26	27 Time For Moms 11:00am - 12:00pm	28 QFRC Open 9:00am- 12:00pm Book Nook 10:00 - 11:30am
29 	30	31 Parenting Journey 5:00 - 7:00pm				

Grandparents Raising Grandchildren & Kinship Caregivers — This support group is for grandparents and kinship caregivers. GRG meets the first and third Tuesday of the month from 11:00 am-12:00pm in person. For more information, contact Andrea at 617-481-7227 x157 or 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: 4:30-5:30pm. This group will be conducted via Zoom video online conferencing. Registration is required. Please contact Melissa at 617-481-7227 x165 or mharrison@baystatecs.org. *No meetings on 12/25.

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. Registration required. Please contact Jacquelyn at 617.481.7227 x166 or jwalorz@baystatecs.org. *No meeting on 12/26.

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 Jacquelyn 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 two weeks before your child’s birthdate. For more information, please contact Marisol at 617-481-7227 x149 or mvelazquez@baystatecs.org.

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 12/11 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 email at Fatima.sequeira@mass.gov or Christine Barry at 781-864-5103.

Cool Calm & Collected — This group is for teens ages 13-17. 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 6:00 - 7:00pm via Zoom. Registration is required. For more information, please contact Jacquelyn at jwalorz@baystatecs.org or at 617-481-7227 ext.166. Registration is required. *No meeting on 12/26.

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 is an in-person group. *This group is currently full. To join the waitlist, please contact Andrea Roderick at aroderick@baystatecs.org or 617-481-7227 ext. 157 or Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 x166. *No meeting on 12/24.

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 617-481-7227 x157 or aroderick@baystatecs.org. *No meeting on 12/25.

Time For Moms — A group where you can come together in a safe place to exchange ideas, share experiences, and information and receive and offer support. This group will be offered the second and fourth Friday of each month from 11am - 12pm. For more information and to register please contact Marisol at 617-481-7227 x149 or at mvelazquez@baystatecs.org.

NEW THIS MONTH!

Book Nook - Join us on 12/28 at the QFRC Book Nook! Parents and children are invited to cozy up and listen while we read aloud a book in **English** and **Spanish**. This will be held on the 4th Saturday of each month. A light snack will be provided. For more information and to register please contact Marisol at 617-481-7227 x149 or at mvelazquez@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 Wednesday, December 25th for Christmas.

QFRC Monday-Friday Hours of Operation

- Monday 9am-5pm
- Tuesday 9am-7:30pm
- Wednesday 10am-6pm
- 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. **Use South Entrance (off Johnson Ave)



Bay State
Community Services