





# JANUARY 2025



## QUINCY FAMILY RESOURCE CENTER

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

**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](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: 4:30-5:30pm. 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](mailto:mharrison@baystatecs.org). \*No meetings on 1/1.

**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](mailto: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 Jacquelyn at [jwalorz@baystatecs.org](mailto: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](mailto:mvelazquez@baystatecs.org).

**Have You Considered Becoming a Foster Parent?** Join us on Wednesday, 1/8 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 email at [Fatima.sequeira@mass.gov](mailto: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](mailto:jwalorz@baystatecs.org) or at 617-481-7227 ext.166. Registration is required.

**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](mailto:aroderick@baystatecs.org) or 617-481-7227 ext. 157 or Jackie Walorz at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or 617-481-7227 x166.

**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](mailto:aroderick@baystatecs.org).

CHECK IT OUT!

**Book Nook** - Join us on 1/16 and 1/25 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 1st and third Thursday and 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](mailto: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](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 Wednesday, January 1st and Monday, January 20th.

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](http://www.QuincyFamilyRC.org). \*\*Use South Entrance (off Johnson Ave)



Bay State  
Community Services