



MAY 2025

QUINCY FAMILY RESOURCE CENTER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Book Nook 5:30 - 6:30 pm LGBTQ+ Youth Social Group 6:00-7:00pm	2 Life Out Loud 3:30-4:30pm	3
4	5	6 Grandparents Raising Grandchildren 11:00am- 12:00pm Nurturing Fathers 5:30-7:30pm	7 LEADS 3:00-4:00pm OR 4:30- 5:30pm Parents in Recovery 5-6pm	8	9	10 QFRC Open 9:00am- 12:00pm
11 	12	13 Nurturing Fathers 5:30-7:30pm	14 LEADS 3:00-4:00pm OR 4:30- 5:30pm Foster Parent Info Session 5:30pm	15 Book Nook 5:30 - 6:30 pm LGBTQ+ Youth Social Group 6:00-7:00pm	16 Life Out Loud 3:30-4:30pm	17
18	19 PHCAST Informational Event 11am - 12pm Active Parenting (ages 5-12) 12:00-1:00pm	20 Grandparents Raising Grandchildren 11:00am- 12:00pm Nurturing Fathers 5:30-7:30pm	21 LEADS 3:00-4:00pm OR 4:30- 5:30pm Parents in Recovery 5-6pm	22	23	24 QFRC Open 9:00am- 12:00pm
25	26 HAPPY MEMORIAL DAY QFRC CLOSED	27 Nurturing Fathers 5:30-7:30pm	28 LEADS 3:00-4:00pm OR 4:30- 5:30pm Laundry Love Quincy, MA 6-8pm	29	30 Federation for Children with Special Needs Support 11am - 2pm	31

Grandparents Raising Grandchildren & Kinship Caregivers — This support group is for grandparents and kinship caregivers. GRG meets on the first and third Tuesday of the month from 11:00 am-12:00pm in person. For more information, contact Melissa at 617-481-7227 x165 or mharrison@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.

Book Nook - Join us on 5/1 and 5/15 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 first and third Thursday. 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.

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 5/14 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.

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 Walorz at jwalorz@baystatecs.org or 617-481-7227 ext. 166.

Laundry Love - Complimentary laundry services for families are being offered on a modified basis. Laundry supplies and pre-loaded laundry cards for families in need are being left during the designated times asking everyone to use the honor system.

Quincy: last Wednesday of the month from 6-8pm. Wash-N-Dry 236 Washington St, Quincy, MA
Contact Karen DeCristofaro at karendecristofaro@gmail.com.

Hull: 4th Monday of each month from 3:30-6pm. Super Wash 259 Nantasket Avenue, Hull, MA. Contact Chrissy Roberts at sjlaundrylove@gmail.com.

Sign up for individual support with **The Federation for Children with Special Needs** on Friday, May 30th from 11am-2pm. Susan Ou will be available for families with children with special needs at the QFRC on the fourth Friday of each month. Registration is required. Please contact Susan at susan@fcsn.org.

Personal and Home Care Aid State Training PHCAST - Join us for an informational event about the Personal and Home Care Aid State Training (PHCAST). Come and learn about free training opportunities, connect with job placement resources, and enjoy light refreshments. Native speakers of **Portuguese, Mandarin, and Cantonese** will be available to answer your questions. Monday, May 19th 11am to 12pm at the QFRC. Questions: 617-727-7750.

Parents in Recovery - A group for parents in recovery to connect with others who understand their journey. Facilitated by a Certified Recovery Coach, this group is a safe space to share experiences and help each other navigate challenges while building positive connections with peers. This group is all pathways friendly and will be on the first and third Wednesdays from 5-6pm at the Quincy Family Resource Center. Child supervision and refreshments will be provided. For more information, contact Kathryn Carbone, Outpatient Recovery Coaching at 617-471-8400 x152.

Active Parenting (ages 5-12) - This class is designed for parents of children ages 5 to 12. It will help you learn ways to raise responsible children who are able to resist negative peer pressure. You'll learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years. This online six-week course will be held on Mondays. Registration is required. Please contact Marisol at 617-481-7227 x149 or mvelazquez@baystatecs.org. *No session on 5/26.

Nurturing Fathers - An evidence-based course designed to teach parenting and nurturing skills to men. Each class provides proven, effective skills for healthy family relationships and child development. This is a 12-week online course. Registration is required. Please contact Steve at ssomers@baystatecs.org or call 617-481-7227.

Life Out Loud — LOL — *NEW TIME!* Are you between the ages of 16 and 24? Drop in for resources, workshops, and information to support you as you transition into adulthood. Snacks and drinks will be provided. Held on the first and third Friday each month from 3:30-4:30pm. Contact Marisol at 617-481-7227 x149 or 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 Jacquelyn Walorz at 617-481-7227 x166 or email jwalorz@baystatecs.org. Any schedule changes will be posted on our website and social media pages.

The QFRC will be closed on Monday, May 26th for Memorial Day.

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