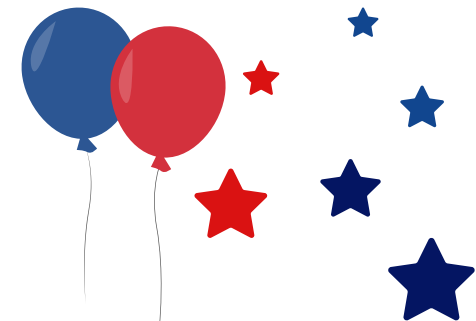




JULY 2025

QUINCY FAMILY RESOURCE CENTER



SUN (CLOSED)	MON 9-5	TUE 9-7:30	WED 10-6	THU 9-7:30	FRI 9-5	SAT (2 nd and 4 th 9-12)
		1 Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm	2 LEADS 3:00-4:00pm OR 4:30- 5:30pm Parents in Recovery 5-6pm	3	4 Office Closed 4 th of July	5
6	7 Active Parenting (ages 5-12) 12:00-1:00pm	8	9 LEADS 3:00-4:00pm OR 4:30- 5:30pm Foster Parent Info Session 5:30pm	10	11	12 QFRC Open 9:00am- 12:00pm
13	14 Active Parenting (ages 5-12) 12:00-1:00pm	15 Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm	16 LEADS 3:00-4:00pm OR 4:30- 5:30pm Parents in Recovery 5-6pm	17 Book Nook 5:30 - 6:30 pm	18	19
20	21 Active Parenting (ages 5-12) 12:00-1:00pm	22	23 LEADS 3:00-4:00pm OR 4:30- 5:30pm	24	25	26 QFRC Open 9:00am- 12:00pm
27	28 Active Parenting (ages 5-12) 12:00-1:00pm Laundry Love Hull, MA 3:30-6pm	29	30 Laundry Love Quincy, MA 6-8pm	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 7/17 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. *No meeting on 7/3.

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 7/9 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. 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.

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 **Tuesday** each month from 3:30-4:30pm. Contact Marisol at 617-481-7227 x149 or mvelazquez@baystatecs.org.

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.

Contact us for upcoming Parenting Education Groups. We offer in-person and virtual groups including:

Nurturing Your Parenting Skills

Active Parenting

Nurturing Fathers

Parenting Journey

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 us at QuincyFRC@baystatecs.org or 617-481-7227. Any schedule changes will be posted on our website and social media pages.

The QFRC will be closed on Friday, July 4th.

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