





January 2026

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  QFRC CLOSED | ² | ³ |
| ⁴ | ⁵ | ⁶ Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm Nurturing Fathers 5:30-7:30pm | ⁷ LEADS 3:00-4:00pm OR 4:30- 5:30pm | ⁸ Book Nook Jr 5:30 - 6:30 pm | ⁹ | ¹⁰ QFRC Open 9:00am- 12:00pm |
| ¹¹ | ¹² | ¹³ Wellness Workshop 5:30-7:00pm Nurturing Fathers 5:30-7:30pm | ¹⁴ LEADS 3:00-4:00pm OR 4:30- 5:30pm Foster Parent Info Session 5:30pm | ¹⁵ <i>Parenting in America</i> Active Parenting (Virtual) Book Nook 5:30 - 6:30 pm | ¹⁶ | ¹⁷ |
| ¹⁸ | ¹⁹  QFRC CLOSED | ²⁰ Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm Nurturing Fathers 5:30-7:30pm | ²¹ LEADS 3:00-4:00pm OR 4:30- 5:30pm | ²² <i>Parenting in America</i> Active Parenting (Virtual) Book Nook Jr 5:30 - 6:30 pm | ²³ | ²⁴ QFRC Open 9:00am- 12:00pm |
| ²⁵ | ²⁶ Laundry Love Hull 3:30-6pm | ²⁷ Wellness Workshop 5:30-7:00pm Nurturing Fathers 5:30-7:30pm | ²⁸ LEADS 3:00-4:00pm OR 4:30- 5:30pm Laundry Love Quincy 6-8pm | ²⁹ <i>Parenting in America</i> Active Parenting (Virtual) | ³⁰ | ³¹ |
| | | | | | | |

Support Groups

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 11:00am-12:00pm in person. For more information, contact Marquise at 617-481-7227 x206 or mvolcy@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.

Life Out Loud — LOL — 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 Melissa at 617-481-7227 x165 or mharrison@baystatecs.org.

Coming Soon...Table Talk Conversational English - Improve your conversational English skills in a laid-back setting. Snacks provided. Everyone welcome, no signup needed.

Family Activities

Book Nook - Parents and children (aged 5-10) are invited to cozy up and listen while we read aloud a book. This will be held on the first and third Thursday. A light snack will be provided. For more information and to register please contact Melissa at 617-481-7227 x165 or at mharrison@baystatecs.org. *No meeting on 1/1.

Book Nook Jr. with QCAP's Miss Kristi, CFCE Coordinator. Please join me for songs, fingerplays and stories! This is for children ages 12 months to 4 years with a parent or caregiver. This will be held on the second and fourth Thursday each month from 5:30-6:30pm at the Quincy Family Resource Center. To register, email Miss Krist at kcoyne@qcap.org.

Wellness Workshops - Quincy Family Resource Center provides wellness workshops to support physical and mental wellness for children and families. We offer a variety of activities such as meditation/yoga, vision boards, essential oils, healthy eating, and learning healthy habits.

Resources

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 1/14 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.

Laundry Love - Complimentary laundry services for families are being offered on a modified basis. 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.

Evidence-Based Parenting Groups

Active Parenting - 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. Over the course of six sessions, you'll learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years. This class will be virtually on ZOOM. Registration is required. Please contact Katie at 617-481-7227 x196 or kconley@baystatecs.org.

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 in-person group held at the QFRC. To register, please contact Wallace at wbrown@baystatecs.org or 617-481-7227 ext.177.

Parenting in America - Parents and caregivers who immigrate to the United States bring with them a wealth of parenting strengths—drawing on culture, tradition, and family experience—yet living in a multicultural setting can be challenging. Parenting in America encourages parents to honor their cultural heritage while also helping them to develop new culturally responsive practice and strategies.

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 Thursday, January 1st for New Year's 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