



March 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 Women's History Month 	2	3 Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm	4 School Bullying Workshop 10:30am-12:00pm Active Parenting 12:30-1:30pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 5:15 - 7:00pm	5 Book Nook 5:30 - 6:30 pm	6	7
8	9	10 Laundry Love Weymouth 3:30-5:45pm Nurturing Fathers 5:30-7:30pm Wellness Workshop 5:30-7:00pm	11 Active Parenting 12:30-1:30pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Foster Parent Info Session 5:30pm Strengthening Families 5:15 - 7:00pm	12	13	14 QFRC Open 9:00am- 12:00pm
15	16	17  Grandparents Raising Grandchildren 11:00am- 12:00pm Life Out Loud 3:30-4:30pm Nurturing Fathers 5:30-7:30pm	18 Active Parenting 12:30-1:30pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 5:15 - 7:00pm	19 Book Nook 5:30 - 6:30 pm	20	21
22	23 Laundry Love Hull 3:30-6pm	24 Nurturing Fathers 5:30-7:30pm Wellness Workshop 5:30-7:00pm	25 LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 5:15 - 7:00pm Laundry Love Quincy 6-8pm	26 Book Nook Jr (ages 3-4) 3:30 - 4:30 pm Question, Persuade, Refer Prevention Workshop 6-7:30pm	27	28 QFRC Open 9:00am- 12:00pm Strengthening Families Playgroup 10:00-11:30am
29	30	31				



**PROBLEM GAMBLING
AWARENESS MONTH**

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 Melissa at 617-481-7227 ext. 165 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 ext. 165 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.

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.

Book Nook Jr. (New time!) 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 3:30-4:30pm at the Quincy Family Resource Center. To register, email Miss Kristi at kcoyne@qcap.org. *No session on 3/12.

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.

Workshops

School Bullying Workshop (Virtual) - The purpose of this workshop is to educate caregivers and providers on school bullying. Topics covered include anti-bullying laws, bullying prevention, and special considerations for students with disabilities. Presented by Shelagh O'Donnell, an attorney in the Mental Health Advocacy Program for Kids (MHAP), an initiative of Health Law Advocates. Join us virtually Wednesday, March 4th from 10:30am-12:00pm. Contact Mike Knybel, School Liaison, at mknybel@baystatecs.org or 617-481-7227 ext. 216. Register here: <https://forms.office.com/r/amLfsd4dsW>

QPR: Prevention Workshop. *Question, Persuade, Refer.* **QPR** is a 90-minute interactive workshop designed to teach people from all backgrounds how to respond to someone experiencing a mental health crisis or struggling with suicidal thoughts. QPR addresses the stigma around mental health and provides positive action steps to save lives. Open to any adults (18+) who work or interact with youth, including caregivers, teachers, healthcare providers and community members. Thursday, March 26th from 6-7:30pm at QFRC. Registration is required. To RSVP text 617-837-1444 or email Zackary Gentry at zgentry@baystatecs.org.

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)

Resources

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 3/11 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.

Laundry Love - Complimentary laundry services for families are being offered on a modified basis. **Weymouth:** 2nd Tuesday of the month from 3:30-5:45pm. Superwash 1620 Main St., Weymouth. Contact Chrissy Roberts at sjlaundrylove@gmail.com. **Hull:** 4th Monday of each month from 3:30-6pm. Super Wash 259 Nantasket Avenue, Hull. Contact Chrissy Roberts at sjlaundrylove@gmail.com. **Quincy:** last Wednesday of the month from 6-8pm. Wash-N-Dry 236 Washington St, Quincy. Contact Karen DeCristofaro at karendecristofaro@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 ext. 196 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.

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.

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



Bay State
Community Services