



# April 2026

## QUINCY FAMILY RESOURCE CENTER



| SUN<br>(CLOSED)              | MON<br>9-5  | TUE<br>9-7:30   | WED<br>10-6   | THU<br>9-7:30  | FRI<br>9-5  | SAT<br>(2 <sup>nd</sup> and 4 <sup>th</sup> 9-12)   |
|------------------------------|---|---|---|--|---|---|
|                              |   |   | 1<br><br>LEADS 3:00-4:00pm/ 4:30- 5:30pm<br><br><i>Strengthening Families</i><br>5:15 - 7:00pm  | 2<br><br><b>Book Nook</b><br>5:30 - 6:30 pm  | 3   | 4   |
| 5<br><br><b>HAPPY EASTER</b> | 6   | 7<br><br>Grandparents Raising Grandchildren<br>11:00am- 12:00pm<br><br>Nurturing Fathers<br>5:30-7:30pm   | 8<br><br>LEADS 3:00-4:00pm/ 4:30- 5:30pm<br><br>Foster Parent Info Session 5:30pm<br><br><i>Strengthening Families</i><br>5:15 - 7:00pm   | 9<br><br><b>Book Nook Jr (ages 0-3)</b><br>3:30 - 4:00 pm<br><br>Spring Activity<br>5:30-6:30pm<br>               | 10  | 11<br><br>QFRC Open<br>9:00am- 12:00pm  |
| 12                           | 13  | 14<br><br><b>Laundry Love Weymouth</b><br>3:30-5:45pm<br><b>Wellness Workshop</b><br>5:30-7:00pm<br>Nurturing Fathers<br>5:30-7:30pm<br><b>Dads Building Dads Group</b><br>6-7:30pm | 15<br><br>LEADS 3:00-4:00pm/ 4:30- 5:30pm<br><br><i>Strengthening Families</i><br>5:15 - 7:00pm   | 16<br><br><b>Book Nook</b><br>5:30 - 6:30 pm   | 17  | 18  |
| 19                           | 20<br><br>Patriot's Day<br>(QFRC Closed)<br> | 21<br><br>Grandparents Raising Grandchildren<br>11:00am- 12:00pm<br><br>Nurturing Fathers<br>5:30-7:30pm  | 22<br><br>Happy Earth Day<br><br><br>LEADS 3:00-4:00pm/ 4:30- 5:30pm<br><br><i>Strengthening Families</i><br>5:15 - 7:00pm | 23<br><br><b>Book Nook Jr (ages 3-4)</b><br>3:30 - 4:30 pm<br><br>Art Class with Miss Alissa<br>5:30-6:30pm<br> | 24  | 25<br><br>QFRC Open<br>9:00am- 12:00pm<br><br><i>Strengthening Families</i><br>Playgroup<br>10:00-11:30am |
| 26                           | 27<br><br><b>Laundry Love Hull</b><br>3:30-6pm  | 28<br><br><b>Wellness Workshop</b><br>5:30-7:00pm<br>Nurturing Fathers<br>5:30-7:30pm<br><b>Dads Building Dads Group</b><br>6-7:30pm  | 29<br><br>LEADS 3:00-4:00pm/ 4:30- 5:30pm<br><br><i>Strengthening Families</i><br>5:15 - 7:00pm<br><br><b>Laundry Love Quincy</b><br>6-8pm  | 30   |  <b>APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH</b> |   |

## 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](mailto: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](mailto: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](mailto:mharrison@baystatecs.org).

**(NEW!) Dads Building Dads** - Whether you're a new dad, dad of teens, step-father, or father figure, you are welcome to join us! This is a judgement-free space to share the highs and lows of parenting, swap advice, and connect with other fathers. This group meets at the QFRC on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 6-7:30pm. Contact Wallace with questions at 617-481-7227 ext.177 or [wbrown@baystatecs.org](mailto:wbrown@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](mailto: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 Krist at [kcoyne@qcap.org](mailto: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.

## Special Events

**Spring Activity** - Thursday, April 9<sup>th</sup> from 5:30-6:30pm. Families are invited to participate in a spring-themed craft with QFRC staff! Come celebrate the changing season and take home your own creation. Refreshments provided.

**Art Class** - Thursday, April 23<sup>rd</sup> from 5:30-6:30pm. Miss Alissa from Bringing Smiles Unlimited will lead parents and children in an art project that you can take home! Bringing Smiles Unlimited provides therapeutic art projects to help relieve stress, promote personal accomplishment and self discovery!

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)

## Resources

**Have You Considered Becoming a Foster Parent?** Join us on Wednesday, 4/8 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.

**Laundry Love** - Complimentary laundry services for families are being offered on a modified basis. **Weymouth:** 2<sup>nd</sup> Tuesday of the month from 3:30-5:45pm. Superwash 1620 Main St., Weymouth. Contact Chrissy Roberts at [sjlaundrylove@gmail.com](mailto: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](mailto: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](mailto: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 held virtually on ZOOM. Registration is required. Please contact Katie at 617-481-7227 ext. 196 or [kconley@baystatecs.org](mailto: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](mailto: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](mailto: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

\*The QFRC will be closed on Monday, April 20<sup>th</sup> for Patriot's Day.



**Bay State**  
Community Services