



# June 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 <sup>nd</sup> and 4 <sup>th</sup> 9-12)
 <b>PRIDE MONTH</b>	1  Parent Cafe 11:00am-12:30pm	2  Grandparents Raising Grandchildren 11:00am- 12:00pm	3  LEADS 3:00-4:00pm/ 4:30- 5:30pm	4  Book Nook 5:30 - 6:30 pm	5	6
7	8  Parent Cafe 11:00am-12:30pm	9  Laundry Love Weymouth 3:30-5:45pm  Wellness 5:30-7:00pm  Dads Powering Dads Group 6-7:30pm	10  LEADS 3:00-4:00pm/ 4:30- 5:30pm  Foster Parent Info Session 5:30pm	11  Book Nook Jr (ages 0-3) 3:30 - 4:00 pm	12	13  QFRC Open 9:00am- 12:00pm
14   Flag Day	15  Parent Cafe 11:00am-12:30pm	16  Grandparents Raising Grandchildren 11:00am- 12:00pm	17  LEADS 3:00-4:00pm/ 4:30- 5:30pm  Meals Matter 5:30-7:00pm	18  Book Nook 5:30 - 6:30 pm	19   QFRC CLOSED	20
21   HAPPY FATHER'S DAY	22  Parent Cafe 11:00am-12:30pm	23  Wellness 5:30-7:00pm  Dads Powering Dads Group 6-7:30pm	24  LEADS 3:00-4:00pm/ 4:30- 5:30pm Laundry Love Quincy 6-8pm Strengthening Families 4:30-7:30pm	25  Book Nook Jr (ages 3-4) 3:30 - 4:30 pm	26	27  QFRC Open 9:00am- 12:00pm
28	29  Parent Cafe 11:00am-12:30pm  Laundry Love Hull 3:30-6pm	30   School's Out Event! 11am-1pm				

## 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 Powering 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).

**(NEW!) Parent Cafe** - All parenting types are welcome to this free group to take a break, be yourself, and chat about parenting experiences in a laid back setting. Come for the coffee, stay for the connection! Child supervision available, please register if supervision is needed. RSVP [HERE](https://forms.office.com/r/qgARAGKqWu). Contact Tyhlia at [tbowman@baystatecs.org](mailto:tbowman@baystatecs.org) or 617-481-7227 ext. 221.

## 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.** 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: Meals Matter** - Join us for a practical and engaging workshop where families learn simple cooking activities to feed their families on a budget and how to stretch their benefits when grocery shopping. Recipes and ingredients provided for each family. This is a parent/caregiver and child activity! Spaces are limited – reserve your spot <https://forms.office.com/r/qgARAGKqWu>.

Connect with us:

Quincy Family Resource Center QuincyFRC @QuincyFRC [quincyFRC@baystatecs.org](mailto: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 on the 2<sup>nd</sup> Wednesday of each month at 5:30pm 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 for the fall session, please contact Wallace at [wbrown@baystatecs.org](mailto:wbrown@baystatecs.org) or 617-481-7227 ext.177.

## Special Event

**"School's out for Summer" Resource Fair and Community Event**- Celebrate the end of the school year and the start of summer vacation with us! There will be games and activities, cool giveaways, and tasty treats! Local resource providers will also be present. Tuesday, June 30<sup>th</sup> from 11am to 1pm. Collins Rest-a-While Park, 1 Merrymount Pkwy, Quincy, MA.

## 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 Friday, June 19<sup>th</sup> for Juneteenth.



**Bay State**  
Community Services