

August 2026



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)
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2	3 Parent Cafe 11:00am-12:30pm 	4 Grandparents Raising Grandchildren 11:00am- 12:00pm Wellness Workshop 5:30-7:00pm	5 Mass Health Connector 9am-12pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Foster Parent Info Session 5:30pm Strengthening Families 4:30-7:30pm	6 Book Nook 5:30 - 6:30 pm	7	8  Family Yoga with Miss Cris 10-10:45am
9	10 Parent Cafe 11:00am-12:30pm 	11 Laundry Love Weymouth 3:30-5:45pm Dads Powering Dads Group 6-7:30pm	12 Mass Health Connector 9am-12pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 4:30-7:30pm	13 Book Nook Jr (ages 2-4) 5:30-6:15 pm	14	15
16	17 Parent Cafe 11:00am-12:30pm 	18 Grandparents Raising Grandchildren 11:00am- 12:00pm Meals Matter 5:30-7:00pm	19 Mass Health Connector 9am-12pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 4:30-7:30pm	20 Book Nook 5:30 - 6:30 pm	21	22 Strengthening Families Playgroup 10-11:30am
23	24 Parent Cafe 11:00am-12:30pm 	25 Dads Powering Dads Group 6-7:30pm	26 Mass Health Connector 9am-12pm LEADS 3:00-4:00pm/ 4:30- 5:30pm Strengthening Families 4:30-7:30pm Laundry Love Quincy 6-8pm	27 Book Nook Jr (ages 2-4) 5:30-6:15 pm	28	29
30	31 Parent Cafe 11:00am-12:30pm  Laundry Love Hull 3:30-6pm					

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.

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 2nd and 4th Tuesday of the month from 6-7:30pm. Contact Wallace with questions at 617-481-7227 ext.177 or 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](#). Contact Tyhlia at 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 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 Meg at 617-481-7227 x219 or at mreed@baystatecs.org.

Book Nook Jr. with QCAP's Miss Kristi, CFCE Coordinator. Please join me for songs, fingerplays and stories! For the months of July and August, children ages 2-4 years with a parent or caregiver are invited. This will be held on the second and fourth Thursday each month from 5:30-6:15pm at the Quincy Family Resource Center. To register, email Miss Krist at 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>.

(New) Family Yoga - Start your morning with family yoga! This special class is designed for children ages 2-6 and their parent or caregiver. Together, families will explore movement, mindfulness, music, and fun in a warm and welcoming environment! Saturday, Aug. 8th from 10-10:45am at the QFRC. Register at <https://www.signupgenius.com/go/10C0545AAAC28A4FEC16-64353933-yoga>.

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

Mass Health Connector - A Patient Navigator is available to help you apply for coverage, shop for plans, answer your questions about your eligibility, payments, plan details, and health care reform rules and requirements. This is free for people of any income and available every Wednesday from 9am to 12pm at the QFRC. Walk-ins are welcome, but registration is recommended. <https://forms.office.com/r/HBNy6UKKxD>.

Have You Considered Becoming a Foster Parent? Join on the 2nd 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 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 held 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 for the fall session, please contact Wallace at wbrown@baystatecs.org or 617-481-7227 ext.177.

Strengthening Families - This group is for families who have already completed the Strengthening Families Program. To register for the fall session, visit <https://forms.office.com/r/S2w6J7kUve>.

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