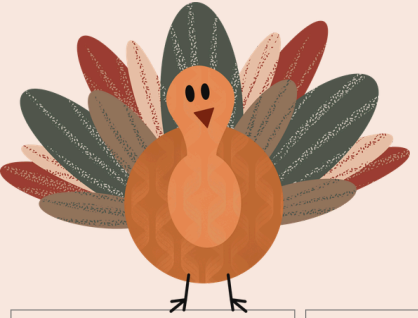


November

Quincy Family Resource Center



SUN (CLOSED)	MON 9-5	TUE 9-7:30	WED 10-6	THU 9-7:30	FRI 9-5	SAT (2nd and 4th 9-12)
1 Native American Heritage Month	2	3 GRG 11:00am- 12:00pm; PIN-Parent Coord. 3:00-4:30pm; Artistic Expr. 3:00pm; Active Parenting 3:30-4:30pm; Nurturing Fathers 5:30-7:30pm; Wellness Workshop 5:30-7:00pm	4 Mass Health Connector 10am-12pm (by appt. only); Cool. Calm. Collected 3:00-4:00pm; 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 Active Parenting 3:30-4:30pm; Artistic Expr. 3:00pm; Laundry Love -Weymouth 3:30-5:45pm; Nurturing Fathers 5:30-7:30pm; Dads Powering Dads Group 6-7:30pm	11 Veteran's Day; Mass Health Connector 10am-12pm (by appt. only); Cool. Calm. Collected 3:00-4:00pm; LEADS 3:00-4:00pm/ 4:30- 5:30pm; Strengthening Families 5:15-7:00pm; Foster Parent Info Session 5:30pm	12 Book Nook Jr (ages 2-4) 5:30-6:15 pm	13	14 Family Yoga with Miss Cris 10-10:45am
15	16	17 GRG 11:00am- 12:00pm; Active Parenting 3:30-4:30pm; Artistic Expr. 3:00pm; Nurturing Fathers 5:30-7:30pm; Meals Matter 5:30-7:00pm	18 Mass Health Connector 10am-12pm (by appt. only); Cool. Calm. Collected 3:00-4:00pm; 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 QFRC open; Strengthening Families Playgroup 10-11:30am
22	23 Laundry Love -Hull 3:30-5:45pm	24 Active Parenting 3:30-4:30pm; Artistic Expr. 3:00pm; Nurturing Fathers 5:30-7:30pm; Dads Powering Dads Group 6-7:30pm	25 Mass Health Connector 10am-12pm (by appt. only); LEADS 3:00-4:00pm/ 4:30- 5:30pm; Strengthening Families 5:15-7:00pm; Laundry Love -Quincy 6-8pm	26 Happy Thanksgiving; QFRC CLOSED	27 QFRC CLOSED	28 QFRC CLOSED for the holiday weekend
29	30					

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 Toni Morris at 617-481-7227 ext. 261 or TMorrisJusu@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 Meg Reed at 617-481-7227 ext. 219 or mreed@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.

Cool. Calm. Collected. An anger management program for teens aged 13 to 18 years. This group focuses on helping teens build the skills they need to handle difficult situations in an effective and healthy manner. This 6-week program will be offered virtually. Wednesdays from 3:00-4:00pm. Register HERE for the next session.

Artistic Expression - Do you have an interest in art? Creative expression can be a means to relieve stress, connect with your spirituality, open new perspectives, and connect with others. Come join us in engaging your inner-artist and expanding your horizons to promote, healing, recovery and personal growth. Every Tuesday at 3:00pm at A New Way Recovery Center,85 Quincy Ave. Quincy, MA 02169. No registration required.

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! 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. *No meeting on 11/26.

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.

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, November 14th 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. Appointments are now required and available every Wednesday from 10am to 12pm at the QFRC. To schedule an appointment: 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 3:30-5:45pm. 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 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 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 next session, please contact Wallace at wbrown@baystatecs.org or 617-481-7227 ext.177.

My Journey - My Journey is a 10-week program for teens ages 14+.Discover who you are, build stronger relationships, and learn skills to help you thrive. This is an in-person group held at the QFRC. Register HERE.

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

Family Resource Centers Quincy

Bay State Community Services