

NOVEMBER 2024

QUINCY FAMILY RESOURCE CENTER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 NATIONAL NATIVE AMERICAN HERITAGE MONTH 	2
3 Daylight Savings Time 	4	5  Grandparents Raising Grandchildren 11:00am- 12:00pm Parenting Journey 5:00 - 7:00pm	6 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm	7 LGBTQ+ Youth Social Group 6:00-7:00pm	8 Time For Moms 11:00am - 12:00pm	9 QFRC Open 9:00am- 12:00pm
10	11 Veterans Day 	12 Parenting Journey 5:00-7:00pm	13 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm Foster Parent Info Session 5:30pm	14 Special Ed Workshop: School Bullying 4:00 - 5:00pm Cool, Calm, Collected 5:00 - 6:00pm	15	16
17	18	19 Grandparents Raising Grandchildren 11:00am- 12:00pm Parenting Journey 5:00-7:00pm	20 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm	21 Cool, Calm, Collected 5:00 - 6:00pm LGBTQ+ Youth Social Group 6:00-7:00pm	22 Time For Moms 11:00am - 12:00pm	23 QFRC Open 9:00am- 12:00pm Book Nook 10:00 - 11:30am
24	25 Laundry Love Hull, MA 4-6:30pm	26 Parenting Journey 5:00-7:00pm	27 LEADS 3:00-4:00pm OR 4:30- 5:30pm Living Life Out Loud 4:00-5:00pm	28 	29 OFFICE CLOSED	30

Grandparents Raising Grandchildren & Kinship Caregivers — This support group is for grandparents and kinship caregivers. GRG meets the first and third Tuesday of the month from 11:00 am-12:00pm in person. For more information, contact Andrea at 617-481-7227 x157 or aroderick@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 x165 or mharrison@baystatecs.org.

LGBTQ+ Youth Social Group — A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and allies. Ages 11-14. The group will be conducted in person at 1120 Hancock Street, Quincy, MA. on the first and third Thursday of each month. Registration required. Please contact Jacquelyn at 617.481.7227 x166 or jwalorz@baystatecs.org.

Free. Period Products and Supplies — We are grateful to be partnering with St. John the Evangelist (Hingham, MA) on their “Free.” initiative which provides free menstruation supplies to those in need on the South Shore. The products to support this biological function are an added expense placed on many who are already experiencing financial insecurity. Compounding this issue is that these products are not covered by benefits. This gap in need and coverage imposes yet another barrier to equity in education and employment as many are forced to miss school or work. If you need these products, please reach out to the QFRC by contacting Jacquelyn at jwalorz@baystatecs.org or 617-481-7227 x166.

Birthday in a Bag- The QFRC is offering an ongoing event to help plan your child’s birthday! We will provide you with a bag full of birthday treats, gifts, and party supplies. You will need to register two weeks before your child’s birthdate. For more information, please contact Marisol at 617-481-7227 x149 or mvelazquez@baystatecs.org.

Have You Considered Becoming a Foster Parent? Join us on Wednesday, 11/13 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.

Cool Calm & Collected — This group is for teens ages 13-17. The focus of this 5-week program is to help teens find positive & healthy ways to manage their anger. This group will run on Thursdays from 5pm to 6pm via Zoom. Registration is required. For more information, please contact Jacquelyn at jwalorz@baystatecs.org or at 617-481-7227 ext.166. Registration is required. *No meeting on 11/28.

Parenting Journey – Parenting is a journey in which all parents need support and guidance. Connect with other parents during guided discussions that will help develop knowledge and skills that support you as a parent and as a role model. This is an in-person group. *This group is currently full. To join the waitlist, please contact Andrea Roderick at aroderick@baystatecs.org or 617-481-7227 ext. 157 or Jackie Walorz at jwalorz@baystatecs.org or 617-481-7227 x166.

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)

Living Life Out Loud — LOL — Are you between the ages of 16 - 24 and in need of basic resources and information regarding things like employment, health insurance, housing, education and transition planning, finances, etc.? The QFRC invites you to come on in and chill!! Let’s talk about how we can help you live L.O.L!!!! FREE pizza, drinks, and snacks!! Drop-in time is every Wednesday from 4:00PM-5:00PM. Any questions contact Andrea at 617-481-7227 x157 or aroderick@baystatecs.org.

Time For Moms — A group where you can come together in a safe place to exchange ideas, share experiences, and information and receive and offer support. This group will be offered the second and fourth Friday of each month from 11am - 12pm. For more information and to register please contact Marisol at 617-481-7227 x149 or at mvelazquez@baystatecs.org.

NEW THIS MONTH!

Special Ed Training: School Bullying- The Quincy Family Resource Center will be hosting a training on Thursday, November 14th from 4:00 to 5:00 PM with Shelagh O’Donnell, a lawyer from Health Law Advocates Mental Health Advocacy Program for Kids. The purpose of this training is to educate caregivers and providers on School Bullying. Topics covered will include anti-bullying laws, bullying prevention, and special considerations for students with disabilities.

Shelagh is an attorney with the Mental Health Advocacy Program for Kids (MHAP). She is based in the Quincy Family Resource Center. Before joining MHAP, Shelagh spent 10 years as a Staff Attorney at the New Hampshire Public Defender, representing youth and adults in delinquency and criminal matters.

To register contact jli@baystatecs.org or call 617-481-7227 x141.

Book Nook - Join us on 11/23 at the QFRC Book Nook! Parents and children ages 5-10 are invited to cozy up and listen while we read aloud a book in **English** and **Spanish**. This will be held on the 4th Saturday of each month. A light snack will be provided. For more information and to register please contact Marisol at 617-481-7227 x149 or at mvelazquez@baystatecs.org.

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 Jackie Walorz at 617-481-7227 x166 or email jwalorz@baystatecs.org. Any schedule changes will be posted on our website and social media pages.

Note: The QFRC office will be closed on Thursday, November 28 and Friday, November 29 for Thanksgiving.

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

