




# MARCH 2025

## QUINCY FAMILY RESOURCE CENTER



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>March is Women's History Month &amp; Gender Equality Month</b></p> 						1
2	3	4 Grandparents Raising Grandchildren 11:00am- 12:00pm	5 LEADS 3:00-4:00pm OR 4:30- 5:30pm  Parents in Recovery 5-6pm	6 Active Parenting First Five Years (0-5 yrs) 4-5pm  Book Nook 5:30 - 6:30 pm  LGBTQ+ Youth Social Group 6:00-7:00pm	7   Life Out Loud 3:30-4:30pm	8   QFRC Open 9:00am- 12:00pm
9	10	11 Problem Gambling Screening 10am -2pm  Nurturing Fathers 5:30-7:30pm	12 LEADS 3:00-4:00pm OR 4:30- 5:30pm  Foster Parent Info Session 5:30pm	13   Active Parenting First Five Years (0-5 yrs) 4-5pm	14	15
16	17 Happy St. Patrick's Day	18 Grandparents Raising Grandchildren 11:00am- 12:00pm  Nurturing Fathers 5:30-7:30pm	19 LEADS 3:00-4:00pm OR 4:30- 5:30pm  Parents in Recovery 5-6pm	20 Active Parenting First Five Years (0-5 yrs) 4-5pm  Book Nook 5:30 - 6:30 pm  LGBTQ+ Youth Social Group 6:00-7:00pm	21   Life Out Loud 3:30-4:30pm	22   QFRC Open 9:00am- 12:00pm
23	24   Laundry Love Hull, MA 3:30-6:00pm	25   Nurturing Fathers 5:30-7:30pm	26 LEADS 3:00-4:00pm OR 4:30- 5:30pm  Laundry Love Quincy, MA 6-8pm	27   Mental Health Advocacy Program Transition Planning Workshop 10:30am - 12:00pm	28   Federation for Children with Special Needs Support 11am - 2pm	29
30	31   Active Parenting (ages 5-12) 12:00-1:00pm					

**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 Melissa at 617-481-7227 x165 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 x165 or mharrison@baystatecs.org.

**Book Nook** - Join us on 3/6 and 3/20 at the QFRC Book Nook! Parents and children are invited to cozy up and listen while we read aloud a book in English and Spanish. This will be held on the first and third Thursday. 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.

**Have You Considered Becoming a Foster Parent?** Join us on Wednesday, 3/12 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.

**Laundry Love** - Complimentary laundry services for families are being offered on a modified basis. Laundry supplies and pre-loaded laundry cards for families in need are being left during the designated times asking everyone to use the honor system.

**Quincy:** last Wednesday of the month from 6-8pm. Wash-N-Dry 236 Washington St, Quincy, MA Contact Karen DeCristofaro at karendecristofaro@gmail.com.

**Hull:** 4th Monday of each month from 3:30-6pm. Super Wash 259 Nantasket Avenue, Hull, MA. Contact Chrissy Roberts at sjlaundrylove@gmail.com.

Sign up for individual support with **The Federation for Children with Special Needs** on Friday, March 28th from 11am-2pm. Susan Ou will be available for families with children with special needs at the QFRC on the fourth Friday of each month. Registration is required. Please contact Susan at susan@fcsn.org.

**Active Parenting: First Five Years** - Your child's first few years are so important! Learn how to make the most of them with Active Parenting: First Five Years, a program for parents and other caregivers. This course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. This four-week course will begin on February 20th, 2025, and will be held on Zoom. Registration is required. Please contact Jacquelyn at 617-481-7227 x166 or jwalorz@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 online course beginning on Tuesday, March 11th, 2025. Registration is required. Please contact Steve at ssomers@baystatecs.org or call 617-481-7227.

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)

**Parents in Recovery** - A group for parents in recovery to connect with others who understand their journey. Facilitated by a Certified Recovery Coach, this group is a safe space to share experiences and help each other navigate challenges while building positive connections with peers. This group is all pathways friendly and will be on the first and third Wednesdays from 5-6pm at the Quincy Family Resource Center. Child supervision and refreshments will be provided. For more information, contact Kathryn Carbone, Outpatient Recovery Coaching at 617-471-8400 x152.

**Active Parenting (ages 5-12)** - 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. You'll learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years. This online six-week course will begin on Monday, March 31st. Registration is required. Please contact Marisol at 617-481-7227 x149 or mvelazquez@baystatecs.org.

**Problem Gambling Screening** - Get support for you or a loved one. Problem Gambling Disorder is more prevalent than ever, and we want to bring awareness, understanding, and hope to those who have been affected. To learn more, drop by the Quincy Family Resource Center on **Tuesday, March 11th from 10am-2pm** for refreshments, resources, a three-question screening, and a gift card!

**MHAP/HLA Transition Planning Workshop** - Presented by Health Law Advocates attorney, Shelagh O'Donnell, this workshop will educate caregivers and providers on transition planning. Topics will include Transition planning and the IEP, goals and services, and Chapter 688. Join us on Thursday, March 27th from 10:30am - 12:00pm at the Quincy Family Resource Center. To register contact Juan at 617-481-7227 x141 or jli@baystatecs.org.

**Life Out Loud — LOL — NEW TIME!** 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 Friday each month from 3:30-4:30pm. Contact Marisol at 617-481-7227 x149 or 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 Jacquelyn Walorz at 617-481-7227 x166 or email jwalorz@baystatecs.org. 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

