

# October 2017

Worcester Community Connections Coalition &  
Worcester Family Resource Center  
484 Main Street 4th Floor - Suite 450  
Worcester, MA 01608  
Main Phone: 508-796-1411  
FAX: 508-796-1455

**youinc**  
support. care. hope.



### Parenting Separately As Partners

Presented by Jack Bonina, LICSW

Come to this educational group and learn ways to co-parent when you are not living with the other parent and ways to **improve communication skills** and **reduce conflicts**.

◆ **WHEN**

Thursdays: September 21, 28,  
October 5, 12 and 19th, 2017  
5:00 – 7:00PM



◆ **WHERE**

At the Worcester Family Resource Center of YOU, Inc.  
484 Main Street, Worcester, MA 01608, Suite 460

For more information or to register call [508-796-1411](tel:508-796-1411)

*Dinner and Supervision for Children will be provided!*

### **"TRAVESIA DE SER PADRES" – Un Viaje Reflexivo sobre la Crianza (**

### **Parenting Journey en Español)**

Entienda porque la manera en que usted fue criado influye en la manera en que usted cría a sus hijos. Aprenda a como apoyar a su pareja y a sus hijos.

14 de Septiembre de 2017 (Cada Jueves, Por 12 semanas)  
484 Main St., Suite 450.

**PARA MAS INFORMACIÓN LLAME A: Rosa Salazar (508) 796-1411 Extensión 416**

Se provee cuidado de niños (limitado)/llame para reservar cupo) y un delicioso desayuno.



**Registación Cerrada**

### **PARENTS & TEENS IN ACTION**

Parents & teens meet together or separately!

Please join us for this 6-weeks group

**Thursdays: 10/26, 11/2, 11/9,  
11/16, 11/30, 12/7**

**Time: 5-7 PM**

**Place: 484 Main St (Suite 450)**

**FREE & includes light dinner & child care!**

Transportation needed? Ask us!

### **PARENTING JOURNEY (in English)**

Tuesdays, starting **October 3rd**  
**2017 Registration Closed**  
(12 week program)

**9:30 AM— 11:30 AM**

484 Main St, Worcester, MA,  
01608, Suite 450

**Are you stressed? Overwhelmed?**

**Just want to Meet and Get Support from  
Other Worcester Parents?**

**Come Learn About Local Resources For You  
and Your Family & Get the Support You  
Need !!**

**The 2nd Tuesday of Each Month, 5:00pm**

**(except for July & August)**

**Worcester Community Connections  
Affiliated with YOU Inc.**

**484 Main Street(4th floor), Worcester  
PHONE: 508-796-1418**

### **GRANDPARENTS GROUP**

**1ST & 3RD WEDNESDAYS**

**October 4, 18 2017**

11:00 a.m. - 12:00 p.m.

584 Park Avenue  
South Bay Community Services

**REGISTRATION OPEN**

**TWICE EACH MONTH**

### Internet Safety

Raising a young person amidst today's technology can be difficult! Discuss issues children and youth encounter when using the Internet and cell phones.

Learn Internet safety tips for your family.



**WHEN:** Tuesday, October 3, 2017; 5:00-6:30 PM

**WHERE:** Worcester Community Connections  
Coalition

484 Main Street, Suite 450

Worcester, MA 01608

Childcare and food provided. Please contact

508-796-1411 for more information



### **SELF CARE**

Weekly Support Group  
Spanish  
Wednesday's  
**October 4, 11, 18, 25**  
9:30a-11:30a

**REGISTRATION OPEN**

### **NURTURING TOUCH**

INFANT MASSAGE, UNDER 18

10:30am-11:30am

**MONDAY'S: 2, 9, 16, 23, 30**



Open these weekend days  
Oct 15 & 28  
Call for an appointment

**PLEASE NOTE  
THE INFORMATION ABOUT OPENINGS  
MAY NOT BE ACCURATE AT THE TIME**

**Please see descriptions for each event**

Www.worcestercommunityconnections.org or facebook.com/worcesterccc

**THERE'S ALWAYS SOMETHING HAPPENING AT THE WCRC!**

**Family Needs - at WCFRC, 484 Main St, 4<sup>th</sup> Floor - Suite 450 Worcester**

Call Sarah Bertrand at 508-796-1411 Ext. 420 (Meets monthly from October-June)

- Are you stressed or overwhelmed? Get connected to resources and support. Help to improve services in Worcester.
- For all parents. A light dinner and supervision of children is provided.

**English Parenting Journey - at WCFRC, 484 Main ST, 4<sup>th</sup> Floor - Suite 450, Worcester**

Call 508-796-1411 to register (Offered twice a year, in fall and spring)

- Parenting Journey is a 12 week curriculum designed for parents who want to learn more about themselves, their childhood relationships and the relationships with their children. Obtain parenting resources.
- Refreshments and supervision of children is provided.

**Spanish Parenting Journey-at Worcester Connections Family Resource Center, 484 Main St., 4<sup>th</sup> Floor - Suite 450, Worcester**

Call 508-796-1411 Ext. 416 to register. Please see description above.

**Nurturing Parenting Programs- (in partnership with DCF and South Bay Community Services-group location, South Bay)**

Call 508-796-1411 ext. 417 to register. (Offered once per year)

- Presented by Worcester Connections Family Resource Center, South Bay and the Department of Children and Families.
- Nurturing Parenting Program is a 16 week curriculum for building healthy and caring families by enhancing self-worth, empathy, discipline, and empowerment. Learn the philosophy and skills of Nurturing Parenting, having fun, and growing closer as a family.
- A light dinner and program activities specifically designed for children is provided.

**Nurturing Touch. Parent/Child Activities, at WCFRC, 484 Main St, 4<sup>th</sup> Floor - Suite 450 Worcester**

Call at 508-796-1411 ext. 417 (As Scheduled)

- This weekly parent/child activity is an opportunity to encourage bonding with your very young child through infant massage and touch.
- MUST BE PRE-REGISTERED, WALK INS CANNOT BE ACCOMMODATED.

**Parenting with Love & Logic.**

Call 508-796-1411 to register.

A collaboration of Worcester Public Schools, Worcester Family Partnerships, and Worcester Connections Family Resource Center.

- This program for parents of child under age 5, will give parents strategies to reduce behavioral problems, increase motivation, build responsibility and resiliency.
- A light dinner and supervision of children will be provided.

**Nurturing Father's Group-at WCFRC, 484 Main ST, 4th Floor-Suite 450**

Call at 508-796-1411 ext. 417 to register. (offered once per year is a 13 weeks program)

A collaboration of MA DCF and WCFRC

- Focuses on the special role of the male care-giver and can offer strategies to reduce behavioral problems, increase motivation, build responsibility and resiliency.
- A light dinner and supervision of children will be provided.

**Nurturing Families in Substance Abuse Treatment & Recovery**

Call at 508-796-1411 X 422 Another FRC/DCF Collaboration

- 17 Week, comprehensive topics focus on re-establishing connections with children and other family members
- Focus on the unique aspect of parenting during recovery, treatment and beyond active use. Successful parents and parenting partners at least 4-6 months into the recovery/treatment process;

**Self-Care Support Group—Spanish -at WCFRC, 4<sup>th</sup> Floor - Suite 450, Worcester WEEKLY, Wednesday a.m. Must be pre-registered to attend.**

Call at 508-796-1411 ext. 416 to register.

- For parents - run by parents. Come together to share and get support from other parents.
- Weekly attendance is optional, come when you can. Refreshments and supervision of children is provided.

**Parent Educational Group-Bi-Lingual, Spanish/Eng. -at WCFRC 3rd Wednesday or as scheduled. Meets once per month.**

Call at 508-796-1411 ext. 416 to register.

- Parent's select the topics for which they'd like to hear information.
- Refreshments and supervision of children is provided.

**Grandparents Support Group-English and Spanish spoken. 1st & 3rd Wednesday. MUST be pre-registered. LOCATION 584 Park Avenue @ South Bay Community Services.**

Call Anne Bureau at 508-796-1411 ext. 418 A time for grandparents raising their grandchildren to bring ideas and questions about resources and collect ideas relevant to their special situation. Drop in group, you must RSVP as we often use volunteers to assist in facilitation.

**Families/Teens in Action.** Please check calendar for specific dates.

Call at 508-796-1411 ext. 412.

- 6 weeks group for parents of teens who are interested in learning about interactive/nurturing parenting . Both parents are welcome to join. Parents and teens attend.

**Parent Café.** Annual Event. All Parents Welcome. Casual conversation over dinner about parenting topics.

**We offer many other events, including Family Outing, Computer Classes, Foster Home Recruitment Task Force, Youth Groups, etc.**

**Please call us for more information.**

**THERE'S ALWAYS SOMETHING HAPPENING AT THE WORCESTER CONNECTIONS FAMILY RESOURCE CENTER.**