



The Worcester Family Resource Center of YOU Inc. And Community Connections Coalition



PLEASE NOTE:

THE INFORMATION ABOUT OPENINGS MAY NOT BE ACCURATE AT THE TIME YOU ARE VIEWING, PLEASE CALL FOR UPDATES.

484 Main Street 4th Floor - Suite 460
Worcester, MA 01608
Main Phone: 508-796-1411
FAX: 508-796-1455

AMPP

Arts, Music, Partnership Police
Target age group 13 - 17

If you have any youth who you feel will benefit from the opportunity to participate in AMPP; please call the Family Resource Center today!

508-796-1411

Pauline Jackman

Upcoming Winter/Spring Groups:

"PLEASE CALL TO REGISTER TODAY"

508-796-1411

Latino Support Group- Open Enrollment!

- Every Wednesday
- 11:00 AM—12:30 PM
- 484 Main Street, Suite 450, Worcester, MA 01608

Nurturing Families in Substance Abuse Treatment & Recovery

- Beginning: September 2019
- 16 Weeks, comprehensive topics focus on re-establishing connections with children and other family members.

Nurturing Fathers: 13 Week Curriculum

Beginning September 2019

Call to register today!

Parenting Journey (Spanish): 12- Week Curriculum

Beginning September 2019

Call to register today!

Parenting Journey (English): 12- Week Curriculum

Beginning September 2019

Call to register today!

Guiding Good Choices (GCC)

Coming this Fall!

Available in Spanish and English

*A multi-media, family-competency training designed to enhance parenting and family management skills to prevent early substance misuse and other risky behaviors for parents of children ages 9 to 14.

*This proven prevention program is based on a social development model that encourages strengthening family bonds to help children develop healthy behaviors.

Hello Parents!

Do you have children aged 0-4 ? Are you looking to get them some "school time"?

FREE PLAYGROUP!

Tuesday: 10:15 - 11:45

Friday: 10:15 - 11:45

@ the YWCA, 1 Salem Square, Worcester

Sponsored by Worcester Family Partnership and The Worcester Family Resource Center of YOU, Inc.

"Doing What Works"

Teen Dialectical Behavior Group (DBT)

*Free-12 Session Program for teens ages 13-17

*Tues. 5-6:45pm & Fri. 12-1:45pm

*Friday June 21st through August 2nd.

Call 508-796-1411 to Register!

**Parenting Journey – (Offered English and Spanish)
Register Now for Fall Groups**

- 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.

Nurturing Parenting Programs- (in partnership with DCF)

Offered once per year - Registration for 2020

- By Worcester Family Resource Center, YWCA 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.

Parent/Child Play Group @ The YWCA, one Salem Street Worcester

- This weekly parent/child activity is an opportunity to encourage bonding with your very young child
 - Held every Tuesday & Friday from 10:15—11:45am

Nurturing Families in Substance Abuse Treatment & Recovery

Another FRC/DCF Collaboration, offered fall and spring

- 17 Weeks, 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 Latino Support Group—Spanish -at WCRC, 4th Floor - Suite 450, Worcester WEEKLY,
Wednesday a.m. Must be pre-registered to attend.**

- 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.

Active Parenting of Teens © Third Edition- at 484 Main Street, Suite 460, Worcester, MA 01608

Join us for this 6-Session Training, offered fall and spring

- Learn how to increase communication without conflict, develop skills for “real” life, help your teen avoid the risks teens face, and be more confident supporting your teen on the journey through adulthood.
 - This free class includes light dinner & child care. Need transportation? Ask us.
 - For more information or TO REGISTER call Debbie @ (508) 796-1411 EX., 413

Effective Co-Parenting presented by Jack Bonina, LICSW

- Come to this educational workshop and learn ways to co-parent when you are not living with the other parent. You will learn communication skills and how to reduce conflicts; this is a great workshop for one or both parents who are parenting separately!
 - 5 Wednesdays beginning: April 10th
 - Dinner and Child Supervision will be provided

Arts and Music Police Partnership (AMPP)

- Come write songs produce music, graphic design, and partner with local businesses. This program wishes to create not only a positive outlet for high risk youth, but a gateway for them that provides the translatable skills necessary to achieve a fruitful career field in the arts. We expect this program to provide positive relations between local youth and police, and will reduce the number of high risk youth who become gang involved.

Guiding Good Choices (GGC)

- A multi-media, family-competency training designed to enhance parenting and family management skills to prevent early substance misuse and other risky behaviors for parents of children ages 9 to 14. This proven prevention program is based on a social development model that encourages strengthening family bonds to help children develop healthy behaviors.

“Doing what Works” Teen Dialectical Behavior Therapy Group

- For teens who are ready to gain control of emotional reactions and discover a life worth living
- Develop strategies to cope, increase awareness of themselves and the world around them, and improve their emotional foundation so they can deal with the ups and downs that are inevitable in life, and build and maintain healthy relationships that will support them to make progress towards life goals.

Nurturing Fathers

Beginning September 2019

- Embrace the special role Fathers bring into the lives of their children
 - Learn how to support your partner and children
 - Learn the Nurturing approach to parenting
- Take the opportunity to share with other dads in a confidential and safe place.

We offer many other programs and workshops including; Family Outings, Computer Classes, Foster Home Recruitment Task Force, Parent Leadership, Youth Groups, etc.

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