

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



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

**Worcester Community
Coalition of YOU, Inc.
and the Worcester
Family Partnership -
We will be hosting:
“A FREE Parent
Leadership Training
8 - Week Program”**

**Location: Great Brook
Valley, 35 Freedom Way,
2nd Floor
Wednesday Evenings:
3/6,3/13,3/20,3/27,4/3,4/10,4/
24,5/1,5/8(graduation)
Time: 5:00-7:30 pm**

**Please call Ann Bureau at
508-796-1411 X418 to
register for this free event.**

**Dinner and Supervision for
Children will be provided.**

Find an English Class in Worcester:

Tuesdays at Worcester
Public Library, 3 Salem
Square, 12:00p.m. - 5:00p.m.

Fridays at RIAC, 340 Main
Street, Suite 804,
12:00p.m. to 4:00p.m.
508-556-7097

Upcoming Winter/Spring Groups:

**“PLEASE CALL TO REGISTER TODAY”
508-796-1411**

Parenting Journey (Spanish):

12 Week Program
Date: 02/25/2019 10:00 – 12:00

Parenting Journey (English)

12 Week Program
Date: 02/14/2019 9:30 – 11:30 AM

Effective Co-Parenting:

5 Week Workshop Sessions
Learning how to co-parent your children while
living separately
Date: April 17th 5:30-7:00 PM
with Jack Bonina, LICSW

Active Parenting of Teens:

April 18th 5:00-7:30 PM
6-Session Training

- Learn how to increase communication without conflict
- Develop “real life” coping skills
- Help your teen avoid risk taking behavior
- Be more confident supporting your teen on the journey through adulthood.

Latino Support Group

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

PLEASE NOTE:

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

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: 10:50 – 11:45**

**@ the YWCA, 1 Salem
Square, Worcester**

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



Call 508-796-1411 to Register

Family Needs - at WCFRC, 484 Main St, 4th Floor - Suite 450 Worcester

(Meets monthly from October-June)

- 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, 4th Floor - Suite 450, Worcester

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., 4th Floor - Suite 450, Worcester

Please see description above. (Start date unknown)

Nurturing Parenting Programs- (in partnership with DCF)

Offered once per year - Registration for 2019

- 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.

Parent/Child Play Group, held at the YWCA, one Salem Street Worcester

- This weekly parent/child activity is an opportunity to encourage bonding with your very young child
- Held every 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 WCFRC, 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.

Grandparents Support Group - English and Spanish spoken: 1st & 3rd Wednesday 11:00-12:15. MUST be pre-registered. LOCATION 584 Park Avenue @ South Bay Community Services.

- 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.

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- at 484 Main Street, Suite 460, Worcester, MA 01608

• 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 Tuesdays beginning:
- Dinner and Child Supervision will be provided

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.