

# January 2018



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



YWCA, Salem Square

HELLO PARENTS!!!!



Do you have a child between the ages of birth and four (4) years old?  
Are you looking to help them get some "school" time?

**TAKE THEM TO PLAYGROUP!**

**Fridays 10:15-11:45 am**

No charge to attend.

Held at the YWCA, one Salem Square

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

PRESENTED IN SPANISH

SELF CARE

Weekly Support Group  
Spanish  
Wednesday's  
Jan 3, 10, 17, 24, 31  
9:30a-11:30a

TEEN SOCIAL GROUP  
FIRM STEPS!!!

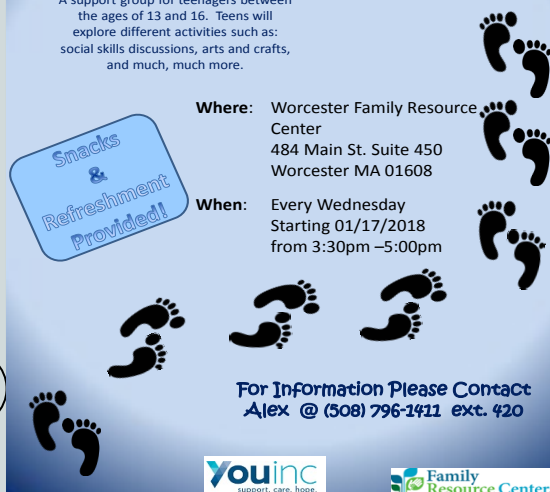
A support group for teenagers between the ages of 13 and 16. Teens will explore different activities such as: social skills discussions, arts and crafts, and much, much more.

Where: Worcester Family Resource Center  
484 Main St. Suite 450  
Worcester MA 01608

When: Every Wednesday  
Starting 01/17/2018  
from 3:30pm -5:00pm

Snacks & Refreshment Provided!

For Information Please Contact  
Alex @ (508) 796-1411 ext. 420



Computer Training



Date

1/23, 1/30, 2/6, and 2/20

Called to register. (508) 796-1411

Worcester Connections Family Resource Center of Y.O.U., Inc.  
Denholm Building, 484 Main Street, Suite 460  
Worcester, MA 01608

We are not alone

Support group for parents and caregivers of children with special needs

Meet with other parents and caregivers to discuss strengths, challenges, caregiving tips, and community resources. Connect with fellow community members. Food provided. Childcare available. Call to inquire!

Every other Wednesday 10:30 a.m. to 11:30 a.m.  
Suite 450

Upcoming dates: 1/10/18, 1/24/18, 2/7/18, 2/21/18,  
3/7/18, 3/21/18

Worcester Connections Family Resource Center of Y.O.U., Inc.  
Denholm Building, 484 Main Street, Suite 460  
Worcester, MA 01608

Open these weekend days  
Jan 6 & 27  
Call for an appointment

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

Please see descriptions for each event listed on reverse. Check our website & Facebook

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. 421 (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 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.

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

Call at 508-796-1411

- 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 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. 422 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. 422 to register.

- Parents 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

- 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 FAMILY RESOURCE CENTER.**