

July 2018 Worcester Community Connections Coalition

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Worcester Family Resource Center

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

PLEASE NOTE:

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

THERE'S ALWAYS SOMETHING HAPPENING AT THE WCFRC!
Located on the 4th floor of the Denholm Building

Please call our office today to pre-register for upcoming FREE Fall Parenting, Nurturing Fathers and Teen Skills groups which offer evidence-based curriculum, childcare services and a light meal.
Call 508-796-1411

Find an English Class in Worcester:

Tuesdays at Worcester Public Library, 3 Salem Square, 12:00 to 5:00

Fridays at RIAC, 340 Main Street, Suite 804, 12:00 to 4:00

508-556-7097

worcesterwelcomes.wordpress.com

Pasadía y Picnic Familiar

El viernes 27 de julio de 10:30am – 2:30pm

En el Parque Estatal de Quinsigamond (*llueva o truene*)

Loop Pavilion 3 – Lake Park (283 Lake Avenue / Coburn Ave.)

**Por favor llame antes del viernes 20 de julio para reservar su lugar!
508-796-1411

Family Outing Cookout

Friday July 27th 10:30am – 2:30pm

At Quinsigamond State Park (rain or shine)

Loop Pavilion 3 – Lake Park (283 Lake Avenue/Coburn Ave.)

Call by Friday July 20th to reserve your place!
508-796-1411

Hello Parents!

Do you have children aged 0-4 and are looking to get them some “school time”?

FREE PLAYGROUP!

Fridays 10:15-11:45 am

Held at the YWCA, 1 Salem Square

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

Worcester Counseling Center Group Therapy Program: Summer 2018

Call the Centralized Referral Line:

1-855-4YOUINC (1-855-496-8462)



Call 508-796-1411 to Register

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.

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

Offered once per year - Registration for Spring 2019

- 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

- 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

Offered twice per year - A 13 week 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

Another FRC/DCF Collaboration

- 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.

Grandparents Support Group - English and Spanish spoken: 1st & 3rd Wednesday. 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.

"Doing What Works" Group

- Free 11 session effectiveness program for teens practicing skills to build abilities in emotional regulation, distress tolerance, interpersonal communication and mindfulness
- Promoting cohesion and camaraderie through hands-on activities, game play, and encouragement of dialogue and idea sharing
- Learning about behaviors, thought patterns, and the "power of pause"

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.