

WORCESTER FAMILY RESOURCE CENTER OF YOU INC.

PLEASE NOTE:

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

GUIDING GOOD CHOICES (GGC) @ THE FAMILY RESOURCE CENTER

(2) 5 Week Group(s) coming FALL 2019!
English and Spanish
CALL AND REGISTER TODAY
508-796-1411

*A multi-media training designed to enhance parents' skills to prevent early substance misuse and other risky behaviors

*For parents of children ages 9 to 14.
*Uses a social development model that encourages strengthening family bonds to help children develop healthy behaviors.

A partnership between the YOU, Inc. Worcester Family Resource Center and the Worcester County District Attorney's Office

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

Summer 2019 Groups

PLEASE CALL TO REGISTER TODAY
508-796-1411

Latina Women's Support Group- Open Enrollment!

- Every Wednesday, 11:00 AM—12:30 PM
- Pre-registration required, ask for Ivette Reyes

"Doing What Works"

Teen Dialectical Behavioral Therapy (DBT) Skills Group

- Free 12-session, 6-week program
- Open to teens ages 13-17
- Tuesdays 5-6:45pm & Fridays 12-1:45pm
- Group runs Friday, June 21st through Friday, August 2nd (no group Friday, July 5th)
- Pre-registration required, ask for Deborah Bunker, LICSW

AAMP

Youth Arts and Music Summer Program in Partnership with the Worcester Police

PLEASE CALL TO REGISTER TODAY!

Upcoming Fall/Winter 2019 Groups

PLEASE CALL TO REGISTER TODAY
508-796-1411

Guiding Good Choices (English)

- (5)-week groups starting Fall 2019

Guiding Good Choices (Spanish)

- (5)-week groups starting Fall 2019

Nurturing Families in Substance Abuse Treatment Recovery

- 16-week program beginning September, 2019

Nurturing Fathers Program

- 13-week program beginning September 4th, 2019

Parenting Journey (English)

- 12-week program beginning WINTER 2019

Parenting Journey (Spanish)

- 12-week program beginning WINTER 2019

AMPP ARTS AND MUSIC POLICE PARTNERSHIP

For Teens Ages 12 - 18

If you have any youth who you feel will benefit from the opportunity to participate in our Arts and Music Program, please contact:

Pauline Jackman,
Program Manager
508-552-7474

A partnership between the Worcester Family Resource Center of YOU Inc. and the Worcester Police Department

Officer Justin Bennes
WPD Gang Unit
508-688-7046

Hello, Parents!

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

FREE SWIM GROUP!

Fridays: 10:00 - 12:00
At the YWCA,
1 Salem Square, Worcester
MA 01608

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

CALL TO REGISTER

TURN THIS PAGE OVER
FOR DESCRIPTIONS OF ALL
GROUPS OFFERED
THROUGHOUT THE YEAR.

Call 508-796-1411 to Register!

Parenting Journey Offered English/Spanish

Register Now for Winter Groups

- 12-week curriculum designed for parents who want to learn more about themselves, their childhood relationships, and their relationships with their children and to obtain parenting resources.

Nurturing Families Program in partnership with the Worcester Area DCF Offices

Offered once per year - Registration open for session to begin in early 2020

At the YWCA, 1 Salem Square, Worcester MA 01609

- 16-week curriculum to build healthy and caring families by enhancing self-worth, empathy, discipline, and empowerment. Learn the philosophy and skills of Nurturing Parenting, have fun, and grow closer as a family.
- Participation of entire family is required. Family must currently reside together or be within 60 days of scheduled reunification as of program start date.

Parent/Child Playgroup in partnership with the Worcester Family Partnership

- Twice-a-week parent/child activity group to encourage bonding with your child age 0-4.
- Held every Tuesday & Friday from 10:00—12:00pm at the YWCA, 1 Salem Square, Worcester MA 01609.

Nurturing Families in Substance Abuse Treatment & Recovery in partnership with the Worcester Area DCF Offices

Beginning September 2019

- 16-week program focuses the unique aspects of parenting during recovery, treatment and beyond active use.
- Open to successful parents and parenting partners at least 4-6 months into the recovery/treatment process.
- Comprehensive topics focus on re-establishing connections with children and other family members
- For more information, call and ask.

Latina Women's Support Group —Offered weekly in Spanish, must be pre-registered to attend

- For parents, by parents. Come together to share you experience and get support from other parents.
- Weekly attendance is optional, come when you can.
- For more information or to register, call and ask for Ivette Reyes.

Active Parenting of Teens Third Edition

- 6-week program to 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.
- For more information or to register, call and ask for Deborah Bunker, LICSW.

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 another parent or caregiver in your child's life. 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-week program offered twice per year. Call and ask for Pauline Jackman

Arts and Music Police Partnership (AMPP) in partnership with the Worcester Police Department

- Weekly program which offers an expressive outlet for high-risk youth who have or are at risk of court involvement and which aims to provide the translatable skills necessary to achieve a fruitful career in the arts.
- Youth will have opportunities to practice music performance, song-writing, music production, visual arts, and graphic design as well as to partner with local arts-related business. Call and ask for Pauline Jackman

Guiding Good Choices (GGC) offered in **English/Spanish**

In partnership with the Worcester County District Attorney's Office

- 5-week multi-media, family-competency training for parents of children ages 9 to 14 designed to enhance parenting and family management skills to prevent early substance misuse and other risky behaviors by youth.
- Based on a social development model that encourages strengthening family bonds to help children develop healthy behaviors.

“Doing What Works” Teen Dialectical Behavior Therapy (DBT) Group

- For teens ages 13-17 who are ready to gain control of emotional reactions, develop strategies to cope, increase awareness of themselves and the world around them, and improve their emotional foundation to deal with the ups and downs in life, make progress toward life goals, and build and maintain healthy relationships.
- For more information or to register, call and ask for Deborah Bunker, LICSW.

Nurturing Fathers in partnership with the Worcester Area DCF Offices

- Embrace the special role Fathers bring into the lives of their children, learn how to support your partner and children, and develop skills for the Nurturing approach to parenting.
- Take the opportunity to share with other dads in a confidential and safe space.
- Available in English and Spanish. Call and ask for Pauline Jackman

**All groups offer refreshments and child supervision.
Please let us know if you require assistance with transportation.**

**We offer many additional programs and workshops including: Computer Skill Classes, Parent Leadership Trainings, Topic-Specific Taskforces, Family Fun Events, and more.
Call for more information.**