

June 2018



Worcester Community Connections Coalition & Worcester Family Resource Center
484 Main Street 4th Floor - Suite 460
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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 WCRC!
Located on the 4th floor of the Denholm Building

OPEN THESE WEEKEND
DAYS:
June 2nd and 23rd
By APPOINTMENT ONLY

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.

All-You-Can-Eat Ice Cream in Elm Park!



Saturday June 23rd: 10:30 am-5:30 pm
Community event with family fun!

\$5 for ages 10+, \$2 for ages 4-9
FREE for everyone under 3

Sponsored by Children's Friend of Seven Hills

Multi-Cultural Night: Parent Café
Tuesday June 19th, 2018

5-7 PM

~Join other parents and caregivers in conversations about diversity, discrimination, and support~

*Childcare and dinner provided

Optional: Bring a dish to share and/or wear something that represents your cultural identity!

Register with Sarah (508) 796-1411 EXT 421
484 Main St. Suite 460, Worcester

WORCESTER COMMUNITY
CONNECTIONS COALITION
FAMILY NEEDS
COMMITTEE

"Doing What Works" Group

Teen difficulty with moodiness and emotional control?

Join us for a free 11-session program for teens 12-16 years old

~Gain tools to handle every day stress and skills to manage emotions and control actions~

Starting June 26th through August 7th

Tuesdays 5:00-6:45 pm & Fridays 12:00-1:45 pm

Register with Debbie (508)-796-1411 ext. 415

484 Main St. Suite 450, Worcester

ESL Classes!

Every Mondays
10 am—12 pm

Open to all!

*Childcare provided

484 Main St. Suite 450,
Worcester

Do you have questions about MassHealth?

~Join this discussion with Ivelisse Delgado and Alvaro Marques of Edward M. Kennedy Health Center; ask questions; and share your input on what makes a system parent-and caregiver-friendly~

Tuesday, June 12th. 5:00-6:30 PM

Register with Sarah (508) 796-1411 EXT 421
484 Main St. Suite 450, Worcester



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

Call Sarah Bertrand at 508-796-1411 Ext. 420 (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, 4th 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., 4th Floor - Suite 450, Worcester

Call 508-796-1411 Ext. 416 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, 4th Floor - Suite 450, Worcester WEEKLY, Wednesday a.m. Must be pre-registered to attend.

Call at 508-796-1411 ext. 416 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. 416 to register.

- Parent's 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 ext. 412.

- 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.

"Doing What Works" Group

Call 508-796-1411 ext. 415 to register

- 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.