

March 2018



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

Worcester Community Connections Coalition & Worcester Family Resource Center  
484 Main Street 4th Floor - Suite 450  
Worcester, MA 01608  
Main Phone: 508-796-1411



REGISTRATION OPEN

THERE'S ALWAYS SOMETHING HAPPENING AT THE WCFRC!

**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!

2nd & 4th Wednesdays of the month  
10:30 a.m. to 11:30 a.m.  
Suite 450

**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.



Worcester Connections Family Resource Center Present Family Movie Night.

Called to RSVP. 508-796-1411  
EXT 411 Time: 3/29/18 @ 5-7PM

Location. 484 Main St,  
Worcester MA. 01608.

Food and Refreshment served

**Nurturing Fathers' Group**

Must call to register

Starting March 7, 2018.

Wednesdays 5-7pm

For 14 weeks

484 Main st Worcester Ma 01608

WORCESTER COMMUNITY CONNECTIONS COALITION  
FAMILY NEEDS COMMITTEE

Do you have questions about the Department of Youth Services (DYS)?

Join this discussion with Rachael Nystrom, Family Engagement Specialist and Rob McGlory, Worcester District Manager of DYS; ask questions; and share your input on what makes a system parent-and caregiver-friendly.

Tuesday, March 13 . Register with Sarah (508) 796-1411 EXT 421

5:00-6:30 PM

Worcester Community Connections Coalition  
Denholm Building  
484 Main St. Suite 450 (Fourth floor)  
Worcester, MA 01608

**GRANDPARENTS GROUP**

1ST & 3RD WEDNESDAYS

March 3/7, 3/21 2018

11:00 a.m. - 12:00 p.m.

584 Park Avenue  
South Bay Community Services

REGISTRATION OPEN

**ESL Classes offered at the Family Resource Center**

Starting March 5. Every Mondays 10:00—11:30am

Location: 484 Main St Worcester Ma, 01608

Room 450. Call to register. 508-789-1411

Presented by Worcester Public School

**Active Parenting of Teens**

Join Us for this 6-Session Training starting April 5, 2018  
THURSDAYS: 4/5, 4/12, 4/26, 5/3, 5/10, 5/17  
Time: 5pm to 7:30pm

Location: 484 Main St Worcester Ma, 01608 Room 450. Call to register. 508-789-1411

**INCREASE COMMUNICATION WITHOUT CONFLICT**

**DEVELOP SKILLS FOR "REAL" LIFE**

**HELP YOUR TEEN AVOID THE RISKS TEENS FACE**

**BE MORE CONFIDENT SUPPORTING YOUR TEEN ON THE JOURNEY TOWARD ADULTHOOD**

OPEN THESE WEEKEND DAYS:  
March 3RD AND 17TH  
CALL FOR AN APPOINTMENT

Please see descriptions for each event listed

Facebook: [www.worcestercommunityconnections.org](http://www.worcestercommunityconnections.org) or [facebook.com/worcesterccc](https://www.facebook.com/worcesterccc)

on reverse. Check our website & worcesterccc

**Family Needs - at WCFRC, 484 Main St, 4<sup>th</sup> 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, 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 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, 4<sup>th</sup> 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.

**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.**