

## The Worcester Family Resource Center of YOU Inc. Community Connections Coalition



### Parent Leadership Training- 8 Week Program

Location: Great Brook Valley,  
35 Freedom Way, 2nd Floor  
Wednesday Evenings  
5pm-7:30pm:  
3/6-4/3 & 4/10-5/8  
Call 508-796-1411 to  
Register.  
\*\*Dinner and Supervision for  
children will be provided.

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

### PLEASE NOTE:

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

### Upcoming Winter/Spring Groups:

**"PLEASE CALL TO REGISTER TODAY"**

**508-796-1411**

#### Active Parenting of Teens:

April 11<sup>th</sup> 5:00-7:30 PM

6-Session Training

- Learn how to increase communication without conflict
- Develop "real life" coping skills
- Help your teen avoid risk taking behavior
- Be more confident supporting your teen on the journey through adulthood.

#### Latino Support Group

Every Wednesday

11:00 AM—12:30 PM

484 Main Street, Suite 450, Worcester, MA 01608

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#### Parenting Journey (Spanish):

Beginning September 2018

Call to register today!

#### Parenting Journey (English)

Beginning September 2018

Call to register today!

### Hello Parents!

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

### **FREE PLAYGROUP!**

**Tuesday: 10:15 - 11:45**

**Friday: 10:15 - 11:45**

**@ the YWCA, 1 Salem  
Square, Worcester**

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

### Find an English Class in Worcester:

Tuesdays at Worcester  
Public Library, 3 Salem  
Square, 1:00p.m. - 4:00p.m.

Fridays at RIAC, 340 Main  
Street, Suite 804,  
12:00p.m. to 4:00p.m.  
**508-556-7097**



## Call 508-796-1411 to Register

### **Family Needs - at WCFRC, 484 Main St, 4<sup>th</sup> Floor - Suite 450 Worcester** (Meets monthly from October-June)

- 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** 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**

Please see description above. (Start date unknown)

### **Nurturing Parenting Programs- (in partnership with DCF)**

Offered once per year - Registration for 2019

- By Worcester Family Resource Center, YWCA 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 Families in Substance Abuse Treatment & Recovery**

Another FRC/DCF Collaboration, offered fall and spring

- 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.

Self-Care Latino Support Group—Spanish -at WCFRC, 4<sup>th</sup> Floor - Suite 450, Worcester WEEKLY,  
Wednesday a.m. Must be pre-registered to attend.

- 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.

### **Active Parenting of Teens ☺ Third Edition- at 484 Main Street, Suite 460, Worcester, MA 01608**

Join Us for this 6-Session Training, offered fall and spring

- 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.
- This free class includes light dinner & child care. Need transportation? Ask us.
- For more information or TO REGISTER call Debbie @ (508) 796-1411 EX., 413

### **Effective Co-Parenting presented by Jack Bonina, LICSW- at 484 Main Street, Suite 460, Worcester, MA 01608**

- Come to this educational workshop and learn ways to co-parent when you are not living with the other parent. 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 Wednesdays beginning: April 10<sup>th</sup>
- Dinner and Child Supervision will be provided

We offer many other programs and workshops including; Family Outings, Computer Classes, Foster Home Recruitment Task Force, Parent Leadership, Youth Groups, etc.

THERE'S ALWAYS SOMETHING HAPPENING AT THE WORCESTER FAMILY RESOURCE CENTER.