

## 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  
FAX: 508-796-1455



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*

### Upcoming Fall Groups:

#### Nurturing Fathers

- Begins 9/12/2018
- 5:30 p.m. – 7:30 p.m.
- Every Wednesday for 13 Weeks
- WCFRC, 484 Main ST, 4<sup>th</sup> Floor - Suite 450, Worcester, MA 01608

#### Grandparents Raising Grandchildren

- 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month
- 11:00 p.m. – 12:15 p.m.
- South Bay Early Childhood: 548 Park Ave Worcester, MA 01603

#### Parenting Journey: English

- Begins: **"OCTOBER"** 10/1/2018
- 9:30 a.m. – 11:30 a.m.
- Every Monday for 12 Weeks
- WCFRC, 484 Main ST, 4th Floor - Suite 450, Worcester, MA 01608

#### Building Your Future: Teen Life Skills

- September 20 and 27
- October 4, 11, 18, and 25
- Thursdays 4:30pm—6pm
- 484 Main Street Suite 450, Worcester, MA 01608

### Upcoming groups:

- Nurturing Families
  - Nurturing Fathers
  - Teen Skills
  - Parenting Journey (Spanish/English)
  - Substance Abuse and Nurturing Parents
- Free groups, child care, and light meal provided.

Please call our office today to pre-register at 508-796-1411. We will be reaching out mid-August to confirm start dates.

### Find an English Class in Worcester:

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

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

508-556-7097

worcesterwelcomes.wordpress.com



### Hello Parents!

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

#### FREE PLAYGROUP!

**Tuesdays 10:15a.m. - 11:45a.m.**

**Held at the YWCA, 1 Salem Square**

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

# 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: Begins September 11, 2018 9:30 a.m. - 11:30 a.m. (Every Tuesday)

- 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 and South Bay Community Services-group location, South Bay)**

Offered once per year - Registration for Spring 2019

- 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: Begins September 12, 2018 5:30 p.m. - 7:30 p.m. (Every Wednesday)  
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.

## **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.

- 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.

## **Grandparents Support Group - English and Spanish spoken: 1st & 3rd Wednesday 11:00-12:15. 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.

## **Families/Teens in Action.** Please check calendar for specific dates.

- 6 week 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**

- 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.**