













WORCESTER FAMILY RESOURCE CENTER
 20 CEDAR STREET WORCESTER, MA 01608
 508-796-0411 wfrc@youinc.org

Drop in Hours
 Monday: 8:30am-4:30pm
 Tuesday: 8:30am-6:00pm
 Wednesday-Friday: 8:30am-4:30pm

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3	4 Amazon Food Pantry Delivery call us at 508-796-1411 for delivery 	5	6 Arts and Music Police Program 	7
8	9	10 Rainbow Connection 	11 	12	13	14
15	16	17	18 Amazon Food Pantry Delivery 	19 Powerful Tools For Caregivers (1/6)	20 Arts and Music Police Program 	21
22	23 	24 Nutrition Education Program: Welcome to Moving to the Mambo (1/6) Rainbow Connection 	25	26 Powerful Tools For Caregivers (2/6) 10:00am-12:00pm 	27 Mommy and Me Play Group in person Worcester FRC 10:00am-11:30am	28
29	30 Nutrition Education Program: Whole Grain Twist (2/6)	31				

EVENTS

Rainbow Connection

In person at the Worcester Family Resource Center. A place where LGBTQ+ youth ages 7-12 can build connections and community with other youth. Come play and eat!

Powerful Tools for Caregivers

6 week program in person at the Worcester FRC. Connect with other grandparents raising grandchildren. Thursdays for 6 weeks 10am-12pm

Nutrition Education Program

6 week program in person at the Worcester FRC. Prizes for attendance and small cooking demos. Tuesdays for 6 weeks 10:00am-11:00am.