





# JULY 2024



## QUINCY FAMILY RESOURCE CENTER

| SUN  | MON  | TUE  | WED   | THU  | FRI  | SAT   |
|--|--|--|---|--|--|---|
|  <b>NATIONAL ICE CREAM MONTH!</b> | 1  | 2<br>Grandparents Raising Grandchildren<br>11:00am- 12:00pm<br><br>Active Parenting<br>4:30-6:30pm | 3<br>LEADS 3:00-4:00pm OR<br>4:30- 5:30pm<br><br>Living Life Out Loud<br>4:00-5:00pm  | 4<br><b>HAPPY 4TH OF JULY</b><br><br><b>Office Closed</b>                                  | 5  | 6   |
| 7  | 8  | 9<br><br>Active Parenting<br>4:30-6:30pm   | 10 LEADS 3:00-4:00pm OR<br>4:30- 5:30pm<br><br>Living Life Out Loud<br>4:00-5:00pm<br><br>Foster Parent Info Session 5:30pm | 11<br><br>Parenting Journey<br>5:30-7:30pm   | 12<br><br>Time For Moms<br>11:00am - 12:00pm | 13<br><br><b>QFRC Open<br/>           9:00am- 12:00pm</b>                             |
| 14   | 15   | 16<br>Grandparents Raising Grandchildren<br>11:00am-12:00pm<br><br>Active Parenting<br>4:30-6:30pm | 17<br>LEADS 3:00-4:00pm OR<br>4:30- 5:30pm<br><br>Living Life Out Loud<br>4:00-5:00pm                                       | 18<br><br>Parenting Journey<br>5:30-7:30pm<br><br>LGBTQ+ Youth Social Group<br>6:00-7:00pm | 19   | 20  |
| 21   | 22<br><br>Laundry Love<br>Hull, MA<br>4-6:30pm | 23<br><br>Active Parenting<br>4:30-6:30pm  | 24<br>LEADS 3:00-4:00pm OR<br>4:30- 5:30pm<br><br>Living Life Out Loud<br>4:00-5:00pm                                       | 25<br><br>Parenting Journey<br>5:30-7:30pm   | 26<br><br>Time For Moms<br>11:00am - 12:00pm | 27<br><br><b>QFRC Open<br/>           9:00am- 12:00pm</b>                             |
| 28   | 29   | 30   | 31<br>LEADS 3:00-4:00pm OR<br>4:30- 5:30pm<br><br>Living Life Out Loud<br>4:00-5:00pm                                       |  |  |  |

**Grandparents Raising Grandchildren & Kinship Caregivers** — This support group is for grandparents and kinship caregivers. GRG meets the first and third Tuesday of the month from 11:00 am-12:00 pm in person. Tuesday 7/2 and 7/16. For more information, contact Andrea at 617-481-7227 x157 or email [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org).

**LEADS** — Learning Everyday Applied Skills for Success engages students (ages 11-18) in learning about positive decision-making, leadership, taking responsibility, and healthy relationships. Meets weekly on Wednesdays, with two options offered for times: Option 1: 3:00-4:00 pm and Option 2: 4:30-5:30pm. This group will be conducted via Zoom video online conferencing. Registration is required. Please contact Melissa at 617-481-7227 x165 or [mharrison@baystatecs.org](mailto:mharrison@baystatecs.org).

**LGBTQ+ Youth Social Group** — A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and allies. Ages 11-14. The group will be conducted in person at 1120 Hancock Street, Quincy, MA. on the first and third Thursday of each month. Registration required. Please contact Jacquelyn at 617.481.7227 x166 or [Jwalorz@baystatecs.org](mailto:Jwalorz@baystatecs.org).

**Free. Period Products and Supplies** — We are grateful to be partnering with St. John the Evangelist (Hingham, MA) on their “Free.” initiative which provides free menstruation supplies to those in need on the South Shore. The products to support this biological function are an added expense placed on many who are already experiencing financial insecurity. Compounding this issue is that these products are not covered by benefits. This gap in need and coverage imposes yet another barrier to equity in education and employment as many are forced to miss school or work. If you need these products, please reach out to the QFRC by contacting Jacquelyn at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or 617-481-7227 x166.

**Birthday in a Bag**- The QFRC is offering an ongoing event to help plan your child’s birthday! We will provide you with a bag full of birthday treats, gifts, and party supplies. You will need to register two weeks before your child’s birthdate. For more information, please contact Marisol at [mvelazquez@baystatecs.org](mailto:mvelazquez@baystatecs.org) or 617-481-7227 x149.

**Have You Considered Becoming a Foster Parent?** Join us on Wednesday, 7/10 at 5:30 pm for a virtual information session about becoming a foster parent and make a difference in a child’s life. For more information, please contact Fatima by phone at 508-894- 3841 or by email at [Fatima.sequeira@mass.gov](mailto:Fatima.sequeira@mass.gov) or Christine Barry at 781-864-5103.

**Active Parenting** is a comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who can resist negative peer pressure and thrive. Active parenting is a 2-hour long group that will run for 6 weeks via Zoom beginning on Tuesday June 18th and end July 23rd. For more information, please contact Jacquelyn at 617-481-7227 x166 or [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or Andrea at 617-481-7227 x157 or [aroderock@baystatecs.org](mailto:aroderock@baystatecs.org).

**Laundry Love** — Complimentary laundry services for families are being offered on a modified basis. Laundry supplies and pre-loaded laundry cards for clients are being left during the designated times asking everyone to use the honor system. **Monday, 7/22 from 4:00-6:30 pm at Superwash 259 Nantasket Ave Hull, MA.**

**Connect with us:**  
**Quincy Family Resource Center**



**QuincyFRC**



**@QuincyFRC**



**[quincyFRC@baystatecs.org](mailto:quincyFRC@baystatecs.org)**

**Quincy Family Resource Center | 1120 Hancock Street, 1st Floor | Quincy, MA 02169 | 617-481-7227 | [www.QuincyFamilyRC.org](http://www.QuincyFamilyRC.org)**

**Living Life Out Loud — LOL** — Are you between the ages of 16 - 24 and in need of basic resources and information regarding things like employment, health insurance, housing, education and transition planning, finances, etc.? The QFRC invites you to come on in and chill!! Let’s talk about how we can help you live L.O.L!!! FREE pizza, drinks, and snacks!! Drop-in time is every Wednesday from 4:00PM-5:00PM. Any questions contact Andrea at [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org) or 617-481-7227 x157.

**Cool Calm & Collected** — This group for teens ages 13-18. The focus of this 5-week program is to help teens find positive and healthy ways to manage their anger. Registration is required. For more information, please contact Jacquelyn at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or at 617-481-7227 x166.

**Time For Moms** — A group where you can come together in a safe place to exchange ideas, share experiences, and information and receive and offer support. This group will be offered the second and fourth Friday of each month from 11am - 12pm. The July dates are 7/12 and 7/26. For more information and to register please contact Marisol at 617-481-7227 x149 or at [mvelazquez@baystatecs.org](mailto:mvelazquez@baystatecs.org).

**Parenting Journey** — Parenting is a journey in which all parents need support and guidance. Connect with other parents during guided discussions that will help develop knowledge and skills that support you as a parent and as a role model. This 12-week long group is set to start **Thursday June 6th and will run until Thursday August 29th**. For more information please contact Jacquelyn at [Jwalorz@baystatecs.org](mailto:Jwalorz@baystatecs.org) / 617-481-7227 x166.

**HEARTS- HEalthy Alternatives and Reduction in Teen Substance-** misuse is a 6-week, group-based curriculum that focuses on helping teens aged 13-18 years old that are struggling with substance misuse. The program will educate them in mindfulness, self-awareness, and strategies for handling the challenging choices they must make regarding using substances. This group will run via Zoom. A screening process and registration is required. For more information or to register, please contact Jacquelyn at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or at 617-481-7227 x166.

**How To Reach Us!**

The Quincy Family Resource Center is available to support you, offering individual support for families, referrals for services, assessments, and groups in person or on Zoom.  
If you need any assistance, please contact Jackie Walorz at 617-481-7227 x166 or email [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) Any schedule changes will be posted on our website and social media pages.

**The office will be closed on Thursday, July 4th in observance the 4th of July.**

QFRC Monday-Friday Hours of Operation

- Monday 9am-5pm
- Tuesday 9am-7:30pm
- Wednesday 10am-6pm
- Thursday 9am-7:30pm
- Friday 9am-5pm
- 2nd & 4th Saturday of the Month: 9am-12pm

