Worcester Family Resource Center
20 Cedar street
Worcester, MA01608
508-796-0411 wfrc@youinc.org



Drop in Hours Monday: 8:30am-6:00pm

Tuesday-Thursday: 8:30am-7:00pm

Friday: 8:30am-6:00pm





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				AUG		• Postures for life Yoga for health	3	
	• Dynamic Futures (9AM-3PM)	 Dynamic Futures 5 (9AM-3PM) Rising Stars Tues (3:30pm-4:30pm) Biweekly 	 AMPP (3-6pm) Dynamic Futures (9AM-3PM) 508 C.H.E.E.RS. (3PM-8PM) 	 Virtual housing clinic 7 (2:30-3:30pm) Playgroup @ Carriage House (3pm-4:30pm) 508 C.H.E.E.RS. (3PM-8PM) 	 Dynamic Futures (9AM-3PM) 508 C.H.E.E.RS. (3PM-8PM) 	9 Office closed	Office closed	5
	11	12	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	 Virtual housing clinic 4	• 508 C.H.E.E.RS.	• Ikigai Unidos por el Amor support group	17	
	18	• Rising Stars Tues (3:30pm-4:30pm) Biweekly	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)		• 508 C.H.E.E.RS. (3PM-8PM)	23 Office closed	24 Office closed	
3 C	25	26	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	Virtual housing clinic 28 (2:30-3:30pm) Playgroup @ Carriage House (3pm-4:30pm) 508 C.H.E.E.RS. (3PM-8PM)	• 508 C.H.E.E.RS. (3PM-8PM)	Back - To - School Event 30 (11AM- 3PM)	31	



Arts and Cultural







A support group for youth ages 11-14yrs Tuesdays - Biweekly **3:30pm-4:30pm**



Arts and Music Police

Partnership

Free Arts and Music

program for teens ages

14-17 run by the

Worcester Police

Department.



508 C.H.E.E.R.S

A youth empowerment program designed to uplift young individuals through mentorship, community service, mutual aid projects, and the creation of growth pathways.

Wednesdays, Thursdays, Fridays
3:00pm-8:00pm



IKIGAI Unidos por el Amor support group

Connect with other parents raising children with special needs
3:30pm-5:30pm
Pre-registration required

Yoga Class

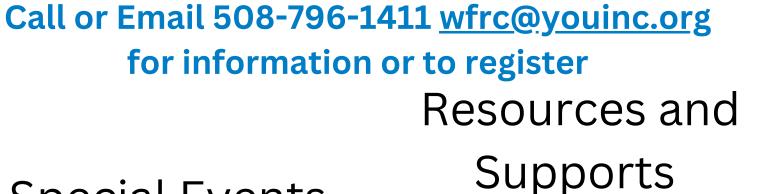
potential of breath and movement through the practice of yoga.

1st Saturday of the Month 10:00AM

Back To School Event

Pre-registration required

20 Cedar Street June 30, 2025 (11AM-3PM)



Family Resource Centers

Virtual Housing Clinic

Join us virtually to connect directly with RCAP Solutions, and CMHA. Get assistance navigating housing RAFT applications

Every Thursday 2:30pm-3:30pm

WFRC PlayGroup

Connect with other parents. Meet new friends and learn new skills.
For children ages 0-5yrs

Thursdays 3:00pm-4:30pm