

08

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 • Postures for life Yoga for health 	3
4 • Dynamic Futures (9AM-3PM)	5 • Dynamic Futures (9AM-3PM) • Rising Stars Tues (3:30pm-4:30pm) Biweekly 	6 • AMPP (3-6pm) • Dynamic Futures (9AM-3PM) • 508 C.H.E.E.RS. (3PM-8PM)	7 • Virtual housing clinic (2:30-3:30pm) • Playgroup @ Carriage House (3pm-4:30pm) • 508 C.H.E.E.RS. (3PM-8PM)	8 • Dynamic Futures (9AM-3PM) • 508 C.H.E.E.RS. (3PM-8PM)	9 Office closed	10 Office closed
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August, 2025

Call or Email 508-796-1411 wfrc@youinc.org
for information or to register

Resources and Supports

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**

Special Events

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

Explore the transformative potential of breath and movement through the practice of yoga.
1st Saturday of the Month
10:00AM
Pre-registration required

Back To School Event

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

Mutual Support



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**

Life Skill Groups

Rising Star Support Group

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.

**Wednesdays
3:00pm-6:00pm**

