



Arts & Music Police Partnership (AMPP)

AMPP is an afterschool program, led by our local Worcester Police Department, that offers a safe environment for high school students to come and explore their creativity through music and art.

Mondays, Wednesdays, & Fridays
3:00pm-6:00pm



Housing Clinic

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

*Register, to receive link to attend
Thursdays, 1:30pm-2:30pm



IKIGAI Support Group Unidos por el Amor

Connect with other (Spanish speaking) parents raising children with special needs.

Once monthly, registration required

3:30pm-5:30pm



Yoga Class

For all family members!

Explore the transformative potential of breath and movement through the practice of yoga.

1st Saturday of each month, at 10:00am



Parent/Child Playgroup

Come join the WFRC and WFP for an engaging playgroup filled with fun activities and opportunities to socialize with other children and caregivers!

Fridays 10:00am-11:30am



Nurturing Fathers

Virtual evidence-based parenting class

Starts March 17th
Tuesdays, 1:00pm-3:00pm



Active Parenting of Teens

Virtual evidence-based parenting class

Starts March 17th
Tuesdays, 12:00pm-1:30pm



Shamrock STEM Station

Come experiment with all things green and discover what happens when baking soda and vinegar mix.

Will it fizz? Bubble? Explode into a shamrock surprise? Put on your scientist hat and find out!

Friday, March 13th, 4:00pm-5:00pm



Grandparents Raising Grandchildren Group

Join us at our next GRG Group for an opportunity to connect with fellow grandparents and kinship caregivers.

1st Friday of each month at BirchTree Bread Co.
3rd Friday of each month at the WFRC

9:30am-11:00am

Worcester Family Resource Center
20 Cedar Street, Worcester, MA 01609
508-796-1411
yiwfrcyouinc@sevenhills.org@youinc.org

March 2026

Drop in Hours
Mon/Wed/Thurs: 8:30am-6:00pm
Tues/Fri: 8:30am-4:30pm
Saturday: 9am-12pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Office closed
2 AMPP	3	4 AMPP	5 Virtual housing clinic 	6 Family Play Group GRG support group (off-site) AMPP	7 Yoga drop-in 	8 HAPPY women's DAY
9 AMPP	10	11 AMPP	12 Virtual housing clinic 	13 Family Play Group AMPP Shamrock STEM Station 	14 Office closed	15 Office closed
16 AMPP	17 Nurturing Fathers (1/13) Active Parenting of Teens (1/6) 	18 AMPP	19 Virtual housing clinic 	20 HELLO SPRING Family Play Group GRG support group AMPP 	21 IKIGAI Unidos por el Amor support group 	22 Office closed
23 AMPP	24 Nurturing Fathers (2/13) Active Parenting of Teens (2/6)	25 AMPP	26 Virtual housing clinic 	27 Family Play Group AMPP	28 Office closed	29 Office closed
30 AMPP	31 Nurturing Fathers (3/13) Active Parenting of Teens (3/6)					