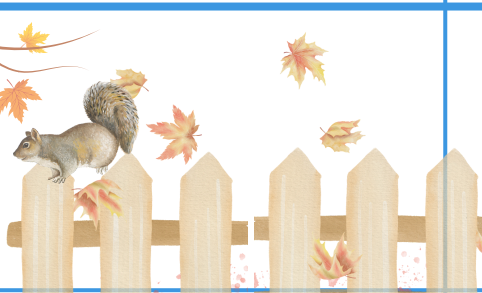
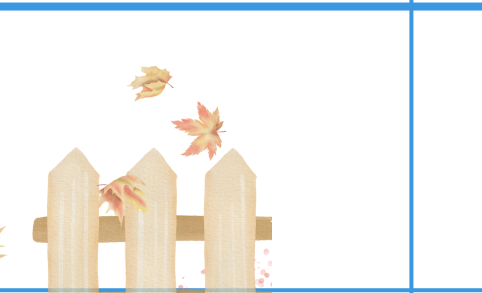
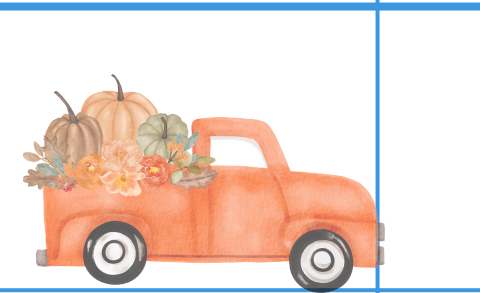
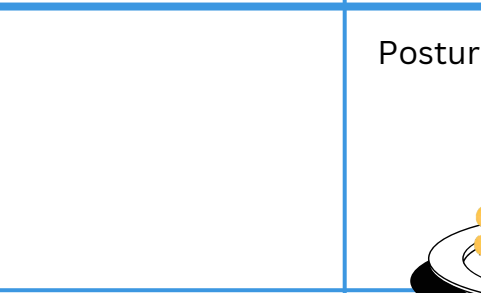
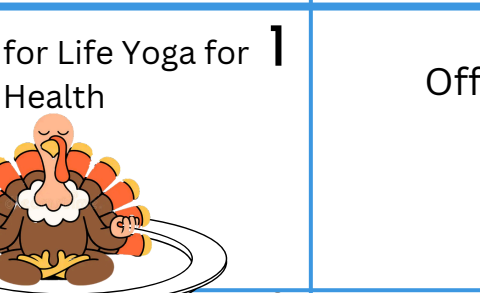


Worcester Family Resource Center
 20 Cedar street
 Worcester, MA01608
 508-796-0411
 wfrc@youinc.org

NOVEMBER

2025

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
						
- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Rising Stars Tues (3:30pm-4:30pm) Biweekly	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Virtual housing clinic (2:30-3:30pm)	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Postures for Life Yoga for Health Office closed	Office closed
- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Nurturing Fathers	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Virtual housing clinic (2:30-3:30pm)	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Office closed	Office closed
- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	- Rising Stars Tues (3:30pm-4:30pm) Biweekly - Nurturing Fathers	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Virtual housing clinic (2:30-3:30pm)	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Ikigai Unidos Por el Amor Support Group	Office closed
- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)	Nurturing Fathers	- AMPP (3-6pm) 508 C.H.E.E.R.S. (4PM-8PM)		Office closed	Office closed	

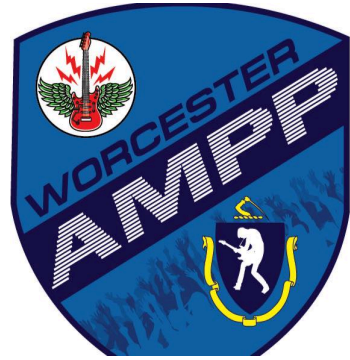
November, 2025

Call or Email

508-796-1411

wfrc@youinc.org

for information or to register



AMPP

Arts and Music Police Partnership

Free art and music program for teens
ages 14-17 run by the Worcester Police
Department.

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



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
4:00pm-8:00pm



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.

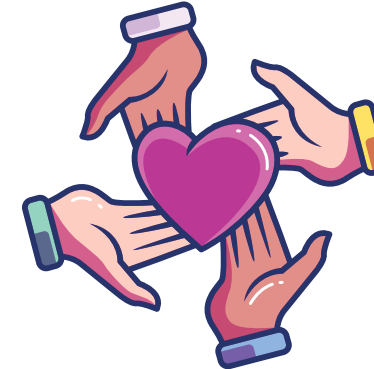
Thursdays 2:30pm-3:30pm



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



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



Rising Stars Group

Supportive group designated for middle school students ages
11-13. The group focuses on positive youth development
through a fun and balanced mix of physical, creative, and
discussion-based activities.

1st and 3rd Tuesday of each month
3:30pm-4:30pm



Yoga Class

For all family members!

Explore the transformative potential of breath and movement
through the practice of yoga.
1st Saturday of each month 10:00am



Padres Cariñosos

¡La participación de un padre tiene un
gran impacto en la vida de un niño!
Conéctese con otros padres y aprenda
nuevas habilidades para apoyar el
bienestar, la seguridad y la autoestima
de sus hijos.