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

Drop in Hours:
Monday-Friday: 8:30am-6:00pm
Saturday: 9am-12pm

Seven Hills Foundation | Family Resource Centers

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Office closed
2 Nurturing Fathers (6 of 13) 10am-12pm AMPP 3pm-6pm	3 Parenting Journey (8 of 12) 12pm-2pm	4 AMPP 3pm-6pm	5 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [8 of 8]	6 GRG Support Group 9:30am-11am Playgroup 10am-11:30am AMPP 3pm-6pm QPR Training 5pm	7 **Yoga 10am**	8 Office closed
9 Nurturing Fathers (7 of 13) 10am-12pm AMPP 3pm-6pm	10 Parenting Journey (9 of 12) 12pm-2pm	11 AMPP 3pm-6pm	12 Virtual housing clinic 1:30pm-2:30pm	13 Playgroup 10am-11:30am AMPP 3pm-6pm	14 Office closed	15 Office closed
16 Nurturing Fathers (8 of 13) 10am-12pm AMPP 3pm-6pm	17 Parenting Journey (10 of 12) 12pm-2pm	18 AMPP 3pm-6pm	19 Virtual housing clinic 1:30pm-2:30pm	20 GRG Support Group 9:30am-11am Playgroup 10am-11:30am AMPP 3pm-6pm	21 **IKIGAI 11am**	22 Office closed
23 Nurturing Fathers (9 of 13) 10am-12pm AMPP 3pm-6pm	24 Book Club 11am Parenting Journey (11 of 12) 12pm-2pm	25 AMPP 3pm-6pm	26 **Office closed** HAPPY THANKSGIVING DAY	27 **Office closed**	28 Office closed	29 30

November 2026

Contact us:
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Family Resource Centers

Seven Hills Foundation

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.

Fall Schedule:
Mon/ Wed/ Fri
from 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

Cooperative Co-Parenting through Separation or Divorce

An evidence-based parenting class for parents who recently or currently are going through a separation or divorce.

Thursdays, in-person from 5pm-7pm



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



Book Club

Love reading and looking to connect with others who share your passion? Reach out today and join the club!

Last Tuesday of each month, at 11:30am



Parent/Child Playgroup

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

Fridays 10:00am-11:30am

Nurturing Fathers

An evidence-based parent education class for fathers.

Mondays, from 10am-12pm,
13-week virtual course



Parenting Journey (Spanish)

An evidence-based parent education class for parents of children any age.

Tuesdays, from 12pm-2pm,
12-week virtual course



QPR Training

Sign up to attend a free suicide prevention training. Adults and teens welcome to join.

November 3rd, at 5pm



Grandparents Raising Grandchildren Group

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

1st and 3rd Friday of each month
9:30am-11:00am