



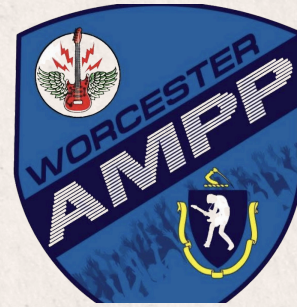
October 2025



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 	1  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	2  Virtual Housing Clinic 2:30pm-3:30pm 508 C.H.E.E.R.S. 4pm-8pm 	3  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	4 Yoga 10am-11:30am 
5	6  AMPP 3pm-6pm	7	8  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	9  Virtual Housing Clinic 2:30pm-3:30pm 508 C.H.E.E.R.S. 4pm-8pm 	10  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	11
12 	13 Indigenous People Day  OFFICE CLOSED	14  Rising Stars 3:30pm-4:30pm	15  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	16  Virtual Housing Clinic 2:30pm-3:30pm 508 C.H.E.E.R.S. 4pm-8pm 	17  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	18  IKIGAI Support Group 10am-1pm 
19 	20  AMPP 3pm-6pm	21	22  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	23  Virtual Housing Clinic 2:30pm-3:30pm 508 C.H.E.E.R.S. 4pm-8pm 	24  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	25
26 	27  AMPP 3pm-6pm	28  Rising Stars 3:30pm-4:30pm	29  AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	30  Virtual Housing Clinic 2:30pm-3:30pm 508 C.H.E.E.R.S. 4pm-8pm 	31   AMPP 3pm-6pm 508 C.H.E.E.R.S. 4pm-8pm 	



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



C.H.E.E.R.S.
COMMUNITY, HEALTH, EQUITY
EMPOWERMENT, RESOURCES AND SERVICE

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