

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

Drop in Hours
Monday: 8:30am-6:00pm
Tuesday-Thursday: 8:30am-7:00pm
Friday: 8:30am-6:00pm



09

SEPTEMBER



2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 1	2	3	4	5	• Postures for life Yoga for health 	7
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 8	• Rising Stars Tues (3:30pm-4:30pm) Biweekly 	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 10	• Virtual housing clinic (2:30-3:30pm) • 508 C.H.E.E.RS. (3PM-8PM) 11	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) • Zentangle 1 st meeting (9:30AM) 12	13 Office closed	14 Office closed
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 15	16	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 17	• Virtual housing clinic (2:30-3:30pm) • 508 C.H.E.E.RS. (3PM-8PM) 18	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 19	20 • Ikigai Unidos por el Amor support group	21
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 22	• Rising Stars Tues (3:30pm-4:30pm) Biweekly 	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 24	• Virtual housing clinic (2:30-3:30pm) • 508 C.H.E.E.RS. (3PM-8PM) 25	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 26	27 Office closed	28 Office closed
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM) 29	30					



September, 2025

Arts and Cultural

Mutual Support

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

Resources and Supports

Special Events

Life Skill Groups

Arts and Music Police Partnership

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

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

Zentangle

A study group where participants explore mindful drawing to relax and connect. No art experience needed just bring a pen and curiosity.

2nd Friday of each Month
9:30AM-10:30AM

Rising Star Support Group

A support group for youth ages 11-14yrs
Tuesdays - Biweekly
3:30pm-4:30pm

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

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

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

