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	St.	PTEM	BER		2025	Family Resource Co	nter
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LABOR	2	3	4		• Postures for life Yoga for health	7	
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	• Rising Stars Tues (3:30pm-4:30pm) Biweekly	 AMPP (3-6pm) 508 C.H.E.E.RS. (3PM-8PM) 	 Virtual housing clinic (2:30-3:30pm) 508 C.H.E.E.RS. (3PM-8PM) 	 AMPP (3-6pm) 12 508 C.H.E.E.RS. (3PM-8PM) Zentangle 1st meeting (9:30AM) 	Office closed	14 Office closed	
• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	16	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	 Virtual housing clinic 18 (2:30-3:30pm) 508 C.H.E.E.RS. (3PM-8PM) 	• AMPP (3-6pm) • 508 C.H.E.E.RS. (3PM-8PM)	• Ikigai Unidos por el Amor support group	21	
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Mutual Support

Arts and Cultural



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

Life Skill Groups

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

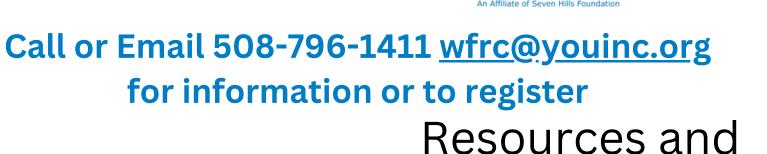
Connect with other parents raising children with special needs
3:30pm-5:30pm
Pre-registration required

Yoga Class

potential of breath and movement through the practice of yoga.

1st Saturday of the Month 10:00AM

Pre-registration required



Supports

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