

January, 2025

Arts and Cultural

Mutual Support

Arts and Music Police Partnership

Free Arts and Music program for teens ages 14-17 run by the **Worcester Police** Department. MWF3:00pm-6:00pm

Life Skill Groups

Essentials of parent life: Tips and support

Join other parents as we learn to navigate our lives as parents. Topics to include self care. employment, education and many others.

Third Thursday of the month 3:00pm-4:00pm

Rainbow Connection A group for LGBTQIA+ youth ages 10-13 1st and 3rd Friday of the month. 3:30pm-5:00pm

Grandparent and kinship caregiver support Group

Connect with other grandparents raising grandchildren and kinship caregivers. Breakfast, childcare and activities provided 9:00am-10:30am

ESOL classes English for Speakers of Other Languages adult education classes. Free every Wednesday.



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

Resources and

Special Events

Pre Registration required

Ikigai Unidos por el Amor support group

Connect with other parents raising children with special needs 3:30pm-5:30pm **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

Parenting Journey

Connect with other parents. Learn how you were parented affects how you parent your children.

> **Pre registration** required