



Arts and Cultural





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

M W F 3:00pm-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

Special Events

ESOL classes

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

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

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

Family Resource Centers

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

Active Parenting 4th Edition

Connect with other parents raising kiddos ages 6-12.
Learn strategies to help you navigate raising an almost teenager.

Pre registration required