

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



October



Drop in Hours:
 Monday-Friday: 8:30am-6:00pm
 Saturday: 9am-12pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [3 of 8]	2 GRG Support Group 9:30am-11am Playgroup 10am-11:30am AMPP 3pm-6pm	3 Yoga 10am 	4 Office closed
5 Nurturing Fathers (4 of 13) 10am-12pm AMPP 3pm-6pm	6 Parenting Journey (5 of 12) 12pm-2pm	7 AMPP 3pm-6pm 	8 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [4 of 8]	9 Playgroup 10am-11:30am AMPP 3pm-6pm	10 Office closed	11 Office closed
11 Nurturing Fathers (5 of 13) 10am-12pm AMPP 3pm-6pm	12 Office closed 	13 AMPP 3pm-6pm	14 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [5 of 8]	15 GRG Support Group 9:30am-11am Playgroup 10am-11:30am AMPP 3pm-6pm	16 IKIGAI 11am 	17 Office closed
18 Nurturing Fathers (6 of 13) 10am-12pm AMPP 3pm-6pm	19 Parenting Journey (6 of 12) 12pm-2pm	20 AMPP 3pm-6pm	21 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [6 of 8]	22 Playgroup 10am-11:30am AMPP 3pm-6pm	23 Office closed	24 Office closed
25 Nurturing Fathers (7 of 13) 10am-12pm AMPP 3pm-6pm	26 Book Club 11:30am Parenting Journey (7 of 12) 12pm-2pm	27 AMPP 3pm-6pm	28 Virtual housing clinic 1:30pm-2:30pm Cooperative Coparenting [7 of 8]	29	30 Office closed	31



October 2026

Contact us:
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Arts & Music Police Partnership (AMPP)

AMPP is an afterschool program, led by our local Worcester Police Department, that offers a safe environment for high school students to come and explore their creativity through music and art.

Fall Schedule:
Mon/ Wed/ Fri
from 3:00pm-6:00pm



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, 1:30pm-2:30pm



Cooperative Co-Parenting through Separation or Divorce

Thursdays, in-person from 5pm-7pm



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



Yoga Class

For all family members!
Explore the transformative potential of breath and movement through the practice of yoga.

1st Saturday of each month, at
10:00am



Book Club

Love reading and looking to connect with others who share your passion? Reach out today and join the club!

Last Tuesday of each month, at
11:30am



Parent/Child Playgroup

Come join the WFRC and Worcester Family Partnership for an engaging playgroup filled with fun activities and opportunities to socialize with other children and caregivers!

Fridays 10:00am-11:30am



Nurturing Fathers

An evidence-based parent education class for fathers.

Mondays, from 10am-12pm,
13-week virtual course



Parenting Journey (Spanish)

An evidence-based parent education class for parents of children any age.

Tuesdays, from 12pm-2pm,
12-week virtual course



Grandparents Raising Grandchildren Group

Join us at our next GRG Group for an opportunity to connect with fellow grandparents and kinship caregivers.

1st and 3rd Friday of each month
9:30am-11:00am

