



REGISTRATION IS REQUIRED.
PLEASE REGISTER HERE:



Strengthening Families Program

Fall 2025

Program Description

Strengthening Families Program is a **fun, interactive workshop** for **children and parents/caregivers** to enhance their skills in: communication, goal-setting, peer pressure resistance, stress management and emotional regulation, joint-family problem solving, positive discipline, and having fun!

Program Details

WHO: Families in Quincy with children ages 3-5

WHAT: Sessions include family meal, fun activities, prizes for attendance, raffles, graduation celebration and more!

WHEN: Wednesdays starting 9/17 @ 5:15-7:00 PM and runs for 12 sessions (no meeting on Wednesday, 11/26)

WHERE: Quincy Family Resource Center 1120 Hancock St. Quincy, MA 02169

HOW: Child supervision is available for children not enrolled in the program. There is parking available and MBTA access, please let us know if you need assistance with transportation.

For more information, contact Margaret Carels at sfp@baystatecs.org



Bay State Community Services

Helping Families. Saving Lives. Empowering Communities.

