

YOU ARE NOT ALONE:

PARENT'S PLACE

A place for you to share your concerns, struggles, or just to vent.

Parenting in the time of COVID-19 is especially difficult due to restrictions on normal activity and interaction. If you're unsure how to provide structure with kids out of school, need some self-care, or if you're feeling isolated from other adults and the community, drop-in to our weekly, free Zoom group to connect with other parents. Let's all hang out together to find support, comfort and laughter.

Bay State Community Services

QUINCY FAMILY RESOURCE CENTER
CONNECTING FAMILIES TO THEIR COMMUNITIES

A virtual support group for parents as we navigate these unprecedented times

Topics include: managing stress, self-care, activities while being stuck in the house

Show up as you are (pajamas, sweatpants and tired)

REGISTRATION REQUIRED

Starting Monday, April 6th
from 2:00-3:00 PM
Contact: Andrea Roderick
857-639-4719
aroderick@baystatecs.org

