

## WHAT WE DO

The Plymouth Resource Center (PFRC) helps families to access and navigate resources in the local community.

The PFRC provides on-site and virtual programs, services, and activities to benefit families.

In addition we collaborate with numerous agencies, community organizations, town and city governments, school systems, Department of Children and Families, Juvenile Probation, and civic and religious organizations.



Need assistance finding resources in your community?  
Need help filling out applications?  
Need to use a computer?  
We can help you!

Call to schedule an appointment or stop in during business hours.  
We are happy to meet with you!

## HOURS OF OPERATION

### Monday

8:00 a.m. - 7:00 p.m.

### Tuesday

8:00 a.m. - 7:00 p.m.

### Wednesday

9:00 a.m. - 6:00 p.m.

### Thursday

9:00 a.m. - 5:00 p.m.

### Friday

8:00 a.m. - 2:00 p.m.

### Saturday

8:00 a.m. - 2 p.m.  
(1st and 3rd of the month)

### Connect with us:



**Plymouth Family Resource Center**



**Plymouthfrc**



**PlymouthFRC**



**plymouthfrc@baystatecs.org**

## *Plymouth Family Resource Center*



430-3 Court Street  
Plymouth, MA 02360

Phone: 774-283-6531

Fax: 774-283-6532

email: [plymouthfrc@baystatecs.org](mailto:plymouthfrc@baystatecs.org)

Website:

<https://plymouthfamilyrc.org/>

TTY/TDD users dial **711** for  
MassRelay Service (24/7)

## Services We Offer

The Plymouth Family Resource Center works with caregivers, youth of all ages, extended family members, and any member of the community seeking support.

Our staff works with families to assess needs and connect them to appropriate supports and services.



## PFRC Partnerships

We work in close partnership with all families and caregivers, kinship placement, grandparents raising grandchildren, LGBTQ+, behavioral health care providers, pediatric offices and other medical providers, schools, the juvenile court system, and DCF among others.

All services at the PFRC are free and no insurance is needed.

### Assessment and Family Support Planning

- Conducted by Licensed Clinician and Family Partner
- Review areas of need and build Family Support Plan based on recommendations and family wishes

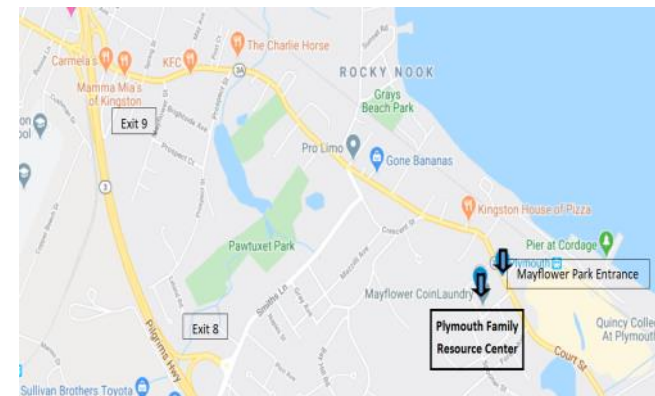
### Resources and Referrals

- Referrals & resources to families in need of community based, behavioral health services and recreational activities
- Assistance for families & providers (can be in person or over phone)

### Groups and Events

- Caregiver & teen groups to address specific concerns such as school refusal, positive decision making, behavioral health, exploitation of children, etc.
- Caregiver Education & Support groups: Nurturing Parents, Active Parenting, Grandparents Raising Grandchildren (child supervision and food provided during caregiver groups free of charge)
- Youth Social & Support groups such as: LGBTQ Teens, Life Skills, Girls Group
- Community outreach & social events throughout the year

## PFRC Location



*Connecting families to their communities*