

# ALL PROGRAMS FREE FOR FAMILIES

# JANUARY 2025

The FRC is open Mon-Fri, 9 a.m.-5 p.m. and on the 1st and 3rd Saturdays 9 a.m.-12 p.m. Call for details!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Drop-Ins Welcome!</b> (But pre-registration is requested for many groups.) ← Take our survey to let us know how we're doing! <b>Call Us: 978-730-1275</b></p>		<p><b>CLOSED IN OBSERVATION OF NEW YEARS DAY</b></p> <p><b>1</b></p>	<p>3-5 Game time!</p> <p><b>2</b></p>	<p>1-2 Walking and Exercise Hour 3:30-4:30 Father's Friday</p> <p><b>3</b></p>	<p>*9-12 Winter Driving Safety</p> <p><b>4</b></p>
<p><b>5</b></p>	<p>10-11 Grandparents Raising Grandchildren Support Group 3-4:30 Movie Monday: Frozen</p> <p><b>6</b></p>	<p>4-5 Color By Number 4-5 Parent Chat</p> <p><b>7</b></p>	<p>*11-12 Book Club *5-6 Family Dinner *6-7:30: Cut Loose: Collaging with Michael Sjostedt</p> <p><b>8</b></p>	<p>3-5 Lego Building</p> <p><b>9</b></p>	<p>1-2 Walking and Exercise Hour</p> <p><b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p>	<p>10-11 Infant Toddler Story &amp; Play time 3-4:30 Movie Monday: Frozen 2</p> <p><b>13</b></p>	<p>*4-6 Active Parenting of Teens</p> <p><b>14</b></p>	<p>*11-12 Book Club 4-5 Art Hour</p> <p><b>15</b></p>	<p>*6-7 Financial Literacy Training: Budgeting for rent and mortgage preparation</p> <p><b>16</b></p>	<p>1-2 Walking and Exercise Hour 3:30-4:30 Father's Friday</p> <p><b>17</b></p>	<p>*9-12 Winter Crafting</p> <p><b>18</b></p>
<p><b>19</b></p>	<p><b>CLOSED IN OBSERVATION OF MARTIN LUTHER KING JR DAY</b></p> <p><b>20</b></p>	<p>4-5 Color By Number 4-5 Parent Chat *4-6 Active Parenting of Teens</p> <p><b>21</b></p>	<p>*11-12 Book Club 3-5 Homework Club</p> <p><b>22</b></p>	<p>*5-6 MY TURN: Workforce Development Program Presentation for 16-24 year olds</p> <p><b>23</b></p>	<p>1-2 Walking and Exercise Hour</p> <p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p>	<p>10-11 Infant Toddler Story &amp; Play time 3-4:30 Movie Monday: Ice Age</p> <p><b>27</b></p>	<p>*4-6 Active Parenting of Teens</p> <p><b>28</b></p>	<p>*11-12 Book Club 4-5 Art Hour</p> <p><b>29</b></p>	<p>*5:30-6:30 Family Bites</p> <p><b>30</b></p>	<p>1-2 Walking and Exercise Hour 3:30-4:30 Father's Friday</p> <p><b>31</b></p>	

# PROGRAM DESCRIPTIONS

## YOUTH SUPPORT

### Infant / Toddler Storytime — Multiple Staff

A time for caregivers to enjoy a story or play with their infant and toddler aged children. **Mondays, 1/13, 1/27 @ 10-11am**

### Homework Club — Multiple Staff

A supportive environment for students and parents to complete their homework and receive help with assignments.

**Wednesday, 1/22 @ 3-5pm**

### Art Hour — Tammy & Kristan

Create and explore art through fun projects. All skill levels welcome! **Wednesdays, 1/15, 1/29 @ 3-5pm**

### Color By Number — Kristan

Come color and enjoy a snack! **Tuesdays 1/7, 1/21 @ 4-5pm**

### Game Time! — Multiple Staff

A mix of board games, card games, and PS5 games for non-stop fun and excitement! **Thursday 1/2 @ 3-5pm**

## CAREGIVER SUPPORT

### Grandparents Raising Grandchildren — Cathy

Support for Grandparents who provide primary care.

**Monday, 1/6 @ 10-11am**

### Father's Friday — Cathy & Tammy

A forum where fathers can meet and talk about fatherhood.

**Fridays, 1/10, 1/17, 1/31 @ 3:30-4:30**



CLINICAL  
& SUPPORT  
OPTIONS

**Gardner Family Resource Center**  
205 School Street, Suite 302, Gardner  
978-730-1275

### \*Book Club (Hybrid) — Tammy & Kathy

Come discuss the book of the month and enjoy lunch! Books available at the FRC through the Gardner Library.

Email [tammy.goodgion@csoinc.org](mailto:tammy.goodgion@csoinc.org) for the zoom link.

**Wednesdays, @ 11am**

### Parent Chat — Tammy

A time for parents to talk about the successes and challenges of raising children. **Tuesdays, 1/7, 1/21 @ 4-5**

## LIFE SKILLS

### Walking and Exercise Hour — Multiple Staff

Follow along with pre-recorded videos for low impact exercises or a walk outside, weather permitting. All fitness levels welcome! **Fridays @ 1pm**

### \*MY TURN: Workforce Development Program Presentation for 16-24 year-olds

MY TURN is a workforce development program for young adults aged 16 to 24 in North Central MA facing barriers like incomplete education, low income, or homelessness. It provides education, training, and employment services to help them build successful careers. **Thursday, 1/23 5-6pm**

### Winter Driving Safety — Tammy & Summer

A presentation highlighting essential winter driving safety tips, including vehicle preparation, safe driving practices, and weather awareness. **Saturday, 1/4 @ 9-12pm**

### \*Financial Literacy Training: Budgeting for Rent and Mortgage Preparation — Multiple Staff

Join ThinkinGenWealth for a free training session at the Gardner FRC. This session is tailored towards understanding how to effectively manage their finances, in preparation for significant expenses like rent and mortgage payments.

**Thursday, 1/16 @ 6-7pm**



*Take our satisfaction survey to let us know how we're doing!*

### \*Active Parenting of Teens — Tammy & Cathy

Join other parents in this 6-week parent-positive, strengths-focused group. Registration required. Dinner provided and childcare is available on request.

**Tuesdays 1/14, 1/21, 1/28 @ 4-6pm**

## FAMILY ACTIVITIES

### Monday Movie — Kristan

Popcorn & other snacks provided for your enjoyment! This month: Frozen, Frozen 2, and Ice Age!

**Mondays, 1/6, 1/13, 1/27 @ 3-4:30pm**

### \*Cut Loose: Collaging with Michael Sjostedt — Kristan & Lise

Join us for a family-friendly collaging art class with local artist, Michael Sjostedt, where you'll create practical, handmade items for your home. This fun, hands-on workshop is for all ages! **\*Registration Requested!**

**Wednesday 1/8 @ 6-7:30pm**

### \*Family Bites: Nourishing Recipes for Every Home — Lise

Join us for an event focused on simple, affordable, and wholesome meals that nourish both body and spirit. You'll make a recipe during the event and take it home to enjoy with your family. **Thursday, 1/30 @ 5:30-6:30**

### Winter Crafting — Kristan and Cathy

Come get creative! You'll make fun and festive projects to celebrate the season. Perfect for all ages, you'll leave with beautiful handmade pieces to enjoy all winter long!

**Saturday, 1/18 @ 9-12pm**

### \*Family Dinner — Lise & Kristan

Join us for family dinner! This month: Salad Bar Boxes of free, fresh produce available at family dinner through Growing Places! (Please let us know of any dietary needs.) **\*Registration Requested. Wednesday 1/8 @ 5-6pm**

**FAMILY RESOURCE CENTER CLOSED ON:**

**JANUARY 1 — NEW YEARS DAY**

**JANUARY 20 — MARTIN LUTHER KING JR. DAY**

**CSOINC.ORG**