

ALL PROGRAMS FREE FOR FAMILIES

JULY 2024

The FRC is open
 Mon–Fri,
 9 a.m.–5 p.m.
 and on 2nd & 4th
 Saturdays
 9 a.m.–12 p.m.



CLINICAL
 & SUPPORT
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10-11 Infant / Toddler Story & Playtime 10-11 Grandparents Raising Grandchildren Support Group 1	10-11 Beginner's Workout 4:30-5:30 Color by Number 4:30-5:30 Parent Chat 2	*11-12 Book Club (Hybrid) 1-2 Fireworks Painting 3	Closed in observance of the 4th of July! 4	10-11 Dad & Me 10-11 Walking Club 12-1 Tween Time 5	9-12 Basic Need & Breakfast 6
7	2-3 Make Your Own Trail Mix 8	10-11 Beginner's Workout 4:30-5:30 Lego Building 4:30-5:30 Parent Chat 9	*11-12 Book Club (Hybrid) 4:30-5:30 Family Bingo 10	3:30-5 Summer Survival Guide for Caregivers *5:30-6:30 Family Dinner (Registration Requested) 11	10-11 Walking Club 12-1 Tween Time 12	13
14	10-11 Infant / Toddler Story & Playtime 10-11 Grandparents Raising Grandchildren Support Group 15	6-7 Teen Time 16	*11-12 Book Club (Hybrid) 17	*5:30-6:30 Grandparents Raising Grandchildren Supper (Registration Requested) 18	10-11 Dad & Me 10-11 Walking Club 12-1 Tween Time 19	9-12 Summer Stroll Around Town! 20
21	2-3 Lawn Games 22	4:30-5:30 Game Time 4:30-5:30 Parent Chat 23	*11-12 Book Club (Hybrid) 24	*12-1:30 Active Parenting ~ Six to Twelve Years (Hybrid) *5:30-6:30 Mediation with Lise 25	10-11 Walking Club 12-1 Tween Time 26	27
28	10-11 Infant / Toddler Story & Playtime 10-11 Grandparents Raising Grandchildren Support Group 29	4:30-5:30 Color by Number 4:30-5:30 Parent Chat 30	*11-12 Book Club (Hybrid) 4:30-5:30 Derby Car Building 31	Drop-Ins Welcome! (But pre-registration is requested for many *groups.) CALL US: 978-730-1275		

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant / Toddler Story and Playtime — *Multiple Staff*
A time for caregivers to enjoy a story or play with their infant and toddler age children.
Mondays 7/1, 15, & 29 @ 10 AM

Dad and Me - *Cathy*
Playgroup for male caregivers and their preschool age children. **Fridays 7/5, & 19 @ 10 AM**

Tween Time - *Multiple Staff*
A time for kids ages 9-13 to come together enjoy lunch, chat, and make new friends!
Fridays @ 12 PM

Teen Tuesday - *Multiple Staff*
A time for teens to hang out and play PS5 & board games! **Friday 7/16 @ 6PM**

Game Time - *Multiple Staff*
A time for kids to play games together.
Tuesday 7/23 @ 4:30 PM

CAREGIVER SUPPORT

***Book Club (Hybrid)** - *Tammy*
Come discuss the book of the month and enjoy lunch. Books available at the center through the Gardner Library. **Wednesdays @ 11 AM**
Email Tammy.Goodgion@csoinc.org for the zoom link.

Grandparents Raising Grandchildren — *Cathy*
Support for Grandparents who provide primary care. **Mondays 7/1, 15, 29 @ 10 AM**

Parent Chat - *Tammy*
A time for parents to talk about the successes and challenges of raising children.

Walking Club - *Lise*
Enjoy an hour of walking and talking outside in the fresh air! **Fridays @ 10 AM**

Summer Survival Guide for Caregivers — *Tammy & Lindsay*
Need some fresh ideas for navigating your child's free time over the summer? Join us for some tips and tricks! **Thursday 7/11 @ 3:30 – 5 PM**

Life Skills

Meditation with Lise - *Lise*
Join Lise for an hour of meditation and relaxation.
Thursday 7/25 @ 5:30 PM

Beginner's Workout - *Tammy & Summer*
Follow along with pre-recorded videos for a full body workout. All fitness levels welcome!
Tuesdays 7/2 & 9 @ 10 AM

Chair Yoga - *Tammy & Summer*
Follow along with pre-recorded videos for low impact yoga while sitting in a chair.
Tuesdays 7/16, 23 & 30 @ 10 AM

FAMILY ACTIVITIES

Family Dinner - *Multiple Staff*
Join us for a family dinner! This month: salad bar.
*Registration Requested **Thursday 7/11 @ 5:30 PM** (please let us know of dietary needs)

Lawn Games - *Multiple Staff*
Enjoy outdoor games and a snack! **Monday 7/22 @ 2 PM**

Grandparents Raising Grandchildren Supper - *Multiple Staff*
Grandparents and grandchildren can come together for a meal and enjoy the company of similar families. This month: Pasta, sauce & meatballs. *Registration Requested **Thursday 7/18 @ 5:30 PM** (please let us know of dietary needs)

Color by Number - *Multiple Staff*
Come color and have a snack! **Tuesdays 7/2 & 30**

Family Bingo - *Multiple Staff*
Win some prizes and play some bingo with your family. **Wednesday 7/10 @ 5:30 PM**

Make Your Own Trail Mix - *Multiple Staff*
Create your own mix of goodies to munch on!
Monday 7/8 @ 2 PM

Lawn Games - *Multiple Staff*
Enjoy outdoor games and a snack! **Monday 7/22 @ 2 PM**

ARTS

Fireworks Painting - *Summer*
Create fireworks using recycled materials, paint & glitter! **Wednesday 7/3/24 @ 1 PM**

Lego Building - *Multiple Staff*
Make and take a building made of a variety of legos. **Tuesday 7/9 @ 4:30 PM**

STEAM Derby Car Building - *Multiple Staff*
Put together a derby car powered by a balloon.
Wednesday 7/31 @ 4:30 PM

***Active Parenting ~ Birth to Five Years (Hybrid ~ Email Tammy.Goodgion@csoinc.org for the zoom link)**

Thursdays 12 - 1:30 PM , Starting 7/25/24
Come learn how to nurture your child with "just the right" combo of freedom and non-violent discipline.

Contact Us to Reserve a Spot!



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Gardner Family Resource Center
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978-730-1275

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