

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
 Mon–Fri,
 9 a.m.–5 p.m.
 and on 1st & 3rd
 Saturdays
 9 a.m.–12 p.m.



CLINICAL
 & SUPPORT
 OPTIONS

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		3-5 Art Club 5:30-7 National Night Out at Gardner City Hall 1	*11-12 Book Club 3-5 Homework Club 2	*5:30-7:30 Active Parenting — 0 to 5 Years (Hybrid) 3	10-11 Walking Club 4	9-12 *Minions & Munchkins 5
6	10-11 Exercise Hour 10-11 Infant Toddler Story & Play time 5:30-7 Domestic Violence Vigil at Gardner City Hall 7	3-5 Art Club 4-5 Parent Chat 8	*11-12 Book Club 3-5 Homework Club *5-6 Substance Use Disorder Presentation 9	FRC HOURS 1-5 10	10-11 Walking Club 3:30-4:30 Father's Friday 11	12
13	FRC CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLE'S DAY 14	3-5 Art Club 6-7 Teen Tuesday 15	*11-12 Book Club 3-5 Homework Club 5:30-6:30 Family Dinner 16	17	10-11 Walking Club 18	9-12 *Pumpkin Picking 19
20	10-11 Exercise Hour 10-11 Infant Toddler Story & Play time 3:00-4:30 Movie Monday 21	3-5 Art Club 4-5 Parent Chat 22	*11-12 Book Club 3-5 Homework Club 23	3:30-4:30 Pumpkin Painting *5:30-7:30 Active Parenting — 0 to 5 Years (Hybrid) 24	10-11 Walking Club 3:30-4:30 Father's Friday 25	26
27	10-11 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 3:00-4:30 Trick or Treat Trail 28	3-5 Art Club 29	*11-12 Book Club 3-5 Homework Club 30	31	Drop-Ins Welcome! (But pre-registration is requested for activities marked with *) 978-730-1275	

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, 10/7, 10/21 @ 10-11am

Teen Tuesday — Tammy & Kristan

A time for teens to hang out and play PS5 & board games! **Tuesday, 9/17 @ 6pm**

Homework Club — Multiple Staff

A supportive environment for students and parents to complete their homework and receive help with assignments. **Wednesdays, @ 3-5pm**

Art Club — Tammy & Kristan

Create and explore art through fun projects. All skill levels welcome!

Tuesdays, @ 3-5pm

CAREGIVER SUPPORT

Book Club (Hybrid) — Tammy & Kathy

Come discuss the book of the month and enjoy lunch! Books available at the FRC through the Gardner Library. **Wednesdays, @ 11am**

Email tammy.goodgion@csoinc.org for the zoom link!

Grandparents Raising Grandchildren — Cathy

Support for Grandparents who provide primary care.

Wednesdays, 1-2

Parent Chat — Kathy

A time for parents to talk about the successes and challenges of raising children.

Tuesdays, 9/10, 9/24 @ 4:30pm

Active Parenting — Cathy & Lise

Join other parents in this 12-week parent-positive, strengths-focused group. Registration required.

Thursdays, 10/3, 10/24 @ 5:30-7:30pm

Walking Club — Lise

Enjoy an hour of walking and talking outside in the fresh air! **Fridays, @ 10am**

Father's Friday — Cathy & Tammy

A forum where fathers can meet and talk about fatherhood. **Fridays, 10/11, 10/25 @ 3:30-4:30**

LIFE SKILLS

Exercise Hour — Tammy & Summer

Follow along with pre-recorded videos for low impact exercises. All fitness levels welcome!

Mondays, @10am

FAMILY ACTIVITIES

Family Dinner — Lise & Kristan

Join us for family dinner! This month: Spaghetti Dinner! ***Registration Requested** (please let us know of any dietary needs.) **Wednesday, 10/16 @ 5:30-6:30**

Pumpkin Painting — Multiple Staff

Come paint pumpkins to celebrate the upcoming holiday, Halloween! **Thursday, 10/17 3:30-4:30**

Trick or Treat Trail — Multiple Staff

Show off your Halloween costumes & get candy!

Monday, 10/28 @ 3:00-4:30pm

Minions & Munchkins — Multiple Staff

Come watch the Minions movie and enjoy some munchkins! **Saturday, 10/5 9-12pm**

Pumpkin Picking — Multiple Staff

Join us at a pumpkin patch to pick pumpkins!

Saturday, 10/19 9-12pm, *Registration Requested

Movie Monday — Kristan & Lise

Movie to be determined!

Monday 10/21, @ 3:00-4:30pm

COMMUNITY EVENTS

Domestic Violence Vigil — Multiple Staff

A time for the city to come together and honor those whose lives have been lost due to domestic violence.

Monday 10/7, @ 5:30-7 at City Hall in Gardner

Substance Use Disorder Presentation (Hybrid) - Cathy

This presentation will explain the differences between substance misuse and substance use disorder. The presenters will cover the science behind addiction, common substances, risk factors, and how to identify if your child may be using. They will share resources for how and where to get help for families struggling with substance misuse. **Wednesday 10/9, @ 5-6pm**

Email Catherine.Phillips@csoinc.org for the zoom link!

National Night Out — Multiple Staff

Join us for food, games and lots of fun at the rescheduled National Night Out!

10/1 @ 5:30-7 at City Hall in Gardner



Gardner Family Resource Center
205 School Street, Suite 301, Gardner
978-730-1275

CSOINC.ORG

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 Saturdays
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NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">Drop-Ins Welcome! (But pre-registration is required for many groups. Call to check.)</p>					<p>10-11 Parents Helping Parents 4-5 Art Hour 4-5 Homework Help</p> <p align="right">1</p>	2
3	<p>9:30-10:30 Coffee/Tea 4-5 Homework Help</p> <p align="right">4</p>	<p>10-11:30 Parenting Journey 3:45-4:45 Kids Club 4-5 Homework Help 6:30-8 LGBTQ+ Family & Ally Support Group</p> <p align="right">5</p>	<p>9:30-10:30 Coffee/Tea 12-1 Lunch & Learn 4-5 Art Hour 4-5 Homework Help</p> <p align="right">6</p>	<p>4-5 Homework Help 6-7:30 Nurturing Fathers</p> <p align="right">7</p>	<p>10-11 Parents Helping Parents 4-5 Art Hour 4-5 Homework Help</p> <p align="right">8</p>	<p align="center">Family Fun Day! 10am-12 Noon</p> <p align="right">9</p>
10	<p>9:30-10:30 Coffee/Tea 4-5 Homework Help</p> <p align="right">11</p>	<p>10-11:30 Parenting Journey 3:45-4:45 Kids Club 4-5 Homework Help</p> <p align="right">12</p>	<p>9:30-10:30 Coffee/Tea 4-5 Art Hour 4-5 Homework Help 6:30-7:30 Fathers Support Group</p> <p align="right">13</p>	<p>4-5 Homework Help 6-7:30 Nurturing Fathers</p> <p align="right">14</p>	15	16
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24	25	26	27	28	29	30

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DECEMBER 2024

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1	9:30-10:30 Coffee/Tea 4-5 Homework Help 2	10-11:30 Parenting Journey 3:45-4:45 Kids Club 4-5 Homework Help 6:30-8 LGBTQ+ Family/ Ally Support Group 3	9:30-10:30 Coffee/Tea 12-1 Lunch & Learn 4-5 Art Hour 4-5 Homework Help 4	4-5 Homework Help 6-7:30 Nurturing Fathers 5	10-11 Parents Helping Parents 4-5 Art Hour 4-5 Homework Help 6	7
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22	9:30-10:30 Coffee/Tea 4-5 Homework Help 23	10-11:30 Parenting Journey 3:45-4:45 Kids Club 4-5 Homework Help 24	9:30-10:30 Coffee/Tea 4-5 Art Hour 4-5 Homework Help 6:30-7:30 Fathers Support Group 25	4-5 Homework Help 6-7:30 Nurturing Fathers 26	10-11 Parents Helping Parents 4-5 Art Hour 4-5 Homework Help 27	28
29	9:30-10:30 Coffee/Tea 4-5 Homework Help 30	10-11:30 Parenting Journey 3:45-4:45 Kids Club 4-5 Homework Help 31	Drop-Ins Welcome! (But pre-registration is required for many groups. Call for more information.) XXX-XXX-XXXX			