

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

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	CLOSED IN OBSERVANCE OF LABOR DAY 2	3-5 Art Club 3-5 Mom's Spa Time 3	*11-12 Book Club (Hybrid) 3-5 Homework Club 4	*5:30-6:30 Nature Scavenger Hunt at Dunn's Park with Pizza for dinner! 5	10-11 Walking Club 6	9-12 Fall Survival Guide 7
8	10-11 Infant/Toddler Story & Play Time 10-11 Exercise Hour 9	3-5 Art Club 4:30-5:30 Color By Number 4:30-5:30 Parent Chat 10	*11-12 Book Club (Hybrid) 3-5 Homework Club 11	11:30am -1:30pm MWCC Fall Fest *5:30-6:30 Family Dinner 12	10-11 Walking Club 3:30-4:30 Father's Friday 13	14
15	10-11 Grandparents Raising Grandchildren Support Group 10-11 Exercise Hour 16	3-5 Art Club 6-7 Teen Tuesday 17	*11-12 Book Club (Hybrid) 3-5 Homework Club *3-6 Father's Celebration 18	CLOSED FOR FRC RETREAT 19	10-11 Walking Club 3:30-4:30 Play-Doh Party 20	*9-12 Apple Picking @ Red Apple Farm 21
22	10-11 Infant/Toddler Story & Play Time 10-11 Exercise Hour 23	3-5 Art Club 4:30-5:30 Color By Number 4:30-5:30 Parent Chat 24	*11-12 Book Club (Hybrid) 1-2 Apples to Apples with Apples & Caramel 3-5 Homework Club 25	*5:30-7:30 Active Parenting — 0 to 5 Years (Hybrid) 26	10-11 Walking Club 3:30-4:30 Father's Friday 27	28
29	10-11 Grandparents Raising Grandchildren Support Group 10-11 Exercise Hour 30	Drop-Ins Welcome! (But pre-registration is requested for activities with a marked with *) CALL US: 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, 9/9, 9/23 @ 10-11am

Father's Friday — Multiple Staff

A forum where fathers can meet and talk about fatherhood.

Fridays, 9/13, 9/27 @ 10am

Teen Tuesday — Tammy & Kristan

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

Homework Club — Lindsay

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

Grandparents Raising Grandchildren — Cathy

Support for Grandparents who provide primary care.

Wednesdays, 1-2pm



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

Fall Survival Guide — Tammy

For caregivers wanting to get tips on adjusting from a summer schedule to a fall schedule.

Saturday, 9/7 @ 9-12

Parent Chat — Tammy

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

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

*Book Club (Hybrid) — Tammy & Lindsay

Come discuss the book of the month and enjoy lunch! (Email tammy.goodgion@csoinc.org for link!)

Wednesdays @ 11am

*Active Parenting (0-5 years) (Hybrid) — Cathy & Lise

Nurture your child with a "just right" combination of freedom and nonviolent discipline. Comes with Dinner!

Thursdays starting 9/26 @ 5:30-7:30pm *(Registration required, email catherine.phillips@csoinc.org for link)

Walking Club — Lise

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

Mom's Spa Time — Multiple Staff

A time for moms to relax and enjoy snacks and spa treatments! **Tuesday 9/3 @ 3-5pm**

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: Breakfast!

***Registration Requested** (please let us know of any dietary needs.) **Thursday 9/12 @ 5:30pm**

*Nature Scavenger Hunt — Kristan & Lise

Enjoy nature while collecting items to win a prize!

Thursday 9/5 @ 5:30-6:30 @ Dunn Park w/ Pizza!

Color by Number — Kristan

Come color and have a snack!

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

Play-Doh Party — Multiple Staff

Come celebrate National Play-Doh day with us!

Friday 9/20 @ 3:30-4:30pm

Apples to Apples with Apples — Kristan & Lise

Play the board game Apples to Apples while snacking on apples & caramel!

Wednesday 9/25 @ 1pm

COMMUNITY EVENTS

MWCC Fall Fest — Multiple Staff

Games, live music, food, and more! Held at Mount Wachusett Community College. **9/12 @ 11:30am**

Father's Celebration — Multiple Staff

Activities, giveaways, food, and more while celebrating Dads! Held at 640 N.Main St Leominster, MA 01453

9/18 @ 3-6pm *(Registration Required by 9/6, email dylana.beck@mass.gov)

*Family Apple Picking! - Lindsay & Kathy

Enjoy a morning of apple picking at the Red Apple Farm!

Saturday 9/21 @ 9am-12pm

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