

Sunday	Monday 8-6	Tuesday 9-5	Wednesday 8-6	Thursday 9-5	Friday 8-2	Saturday
				1 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Parenting Journey 6-8	2 Open Playroom 9-2	3 In the Herd-Equine
4	5 Multicultural Playgroup 10:30-11:30 Open Playroom 12-5	6 Open Playroom 9-5 Ask A Nurse 3-4 In the Herd-Equine Atheneum Collab (TBD)	7 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	8 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5 Parenting Journey 6-8	9 Open Playroom 9-2	10 In the Herd-Equine
11	12 Multicultural Playgroup 10:30-11:30 Open Playroom 12-5	13 Open Playroom 9-5 In the Herd-Equine Grandparents Support Group 3-4 Parenting Journey – In Recovery 5:15-8:30	14 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	15 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5	16 Open Playroom 9-2	17 In the Herd-Equine
18	19 Multicultural Playgroup 10:30-11:30 Open Playroom 12-5	20 Open Playroom 9-5 In the Herd-Equine Parenting Journey – In Recovery 5:15-8:30	21 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	22 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5	23 Open Playroom 9-2 Family Walk – Park Playgroup 12-2	24 In the Herd-Equine
25	26 Multicultural Playgroup 10:30-11:30 Open Playroom 12-5	27 In the Herd-Equine Grandparents Support Group 3-4 Parenting Journey – In Recovery 5:15-8:30	28 A Baby Center 10-3 Lactation Support 11-12 Open Playroom 12-5	29 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teen Time 4-5	30 Open Playroom 9-2	31 In the Herd-Equine

- **Multicultural Playgroup** – Parents and caregivers of all cultural backgrounds encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities. No appointment is necessary.
- **Open Playroom** - Parents, grandparents, and caregivers are encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities.
- **Ask A Nurse** - Visiting Nurses Association of Cape Cod – Cape Cod Healthcare will be at the Nantucket Family Resource Center. Services offered include: Blood pressure checks, Baby weight checks, Medication review, Breastfeeding and pumping support, Trimester focused prenatal education, Support with work leave/ PFML applications for maternity or medical leave, Diabetes medication management support, Nutrition education, Assistance navigating healthcare on island, Assistance connecting with local support and resources for individuals of all ages, If unable to attend in person, please contact Kelsea Gray – kgray@capecodhealth.org – 774-487-0742 for in home visit information.
- **Grandparents Raising Grandkids Support** - Please join us in a grandparent led support group. Meet and build connections with other grandparents raising their grandchildren in our community. Grandchildren are welcome! A theatrical read-aloud will be held in our playroom while grandparents socialize and provide mutual self-help. Registration required.
- **In The Herd (Off Island)** - *In The Herd Cape Cod is determined to impact the mental health and substance abuse crisis on Cape and Islands with experiential learning incorporating horses and nature to provide a safe space for all ages to find mental wellness in all aspects of life. Intake and registration required for participation.*
- **A Baby Center** - A Baby Center The Diaper Bank of Cape Cod, Nantucket, & Martha's Vineyard. Must be registered for services. Wednesdays by Appointment Only 10AM-3PM. Visit www.ababycenter.org for More Information.
- **Lactation Support** - Offered through the Visiting Nurses Association of Cape Cod – Cape Cod Healthcare
- **Drop-In Hours (Free Clinician)** - Make an appointment or stop by to speak to our free in-house clinician David Hayes.
- **Teen Time** – The Nantucket Family Resource Center is inviting teens ages 13 to 16 are invited to join us for fun activities where we can make new friends, explore new places, learn new things and develop life skills while making lifelong memories. Please register with the Nantucket Family Resource Center by calling or texting 508-221-0193.
- **Parenting Journey** - *Please note this is a closed group.* An evidence-based, 12-week training course that brings parents of all ages together to develop attitudes, knowledge, and skills that support you as a parent and role model. By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting – one that reflects your personal vision and values. To inquire about upcoming programs please call or text 508-221-0193. Intake and registration required.
- **Parenting Journey in Recovery** - *Open for Registration* An evidence-based, 14 week program for parents in recovery and caregivers directly exposed to substance abuse disorder and addiction face unique challenges when attempting to build strong, constructive connections. Parenting Journey in Recovery equips attendees with the tools and resources needed to navigate the recovery process with confidence, fostering a positive empowered environment. Participating in this program can serve as a valuable source of fellowship and support. Group members explore past and present patterns of emotional regulation along with thoughts and behaviors related to addiction which influence their choices. Personal recovery, accountability, positive actions, and improved communication, are among the many topics discussed in a safe and nurturing setting.
- **Atheneum Collab** – TBD
- **Family Walk / Park Playgroup** – Please Join the Nantucket Family Resource Center at the Discovery Playground on 54 Old South Road, for fun family activities, a walk around the Labyrinth and a Storytime reading. No registration necessary.