

JULY 2024

Southbridge Family Resource Center

5 Optical Drive, Southbridge MA
(1st floor of the Seven Hills Building)
Phone: 508-519-3590, option 1

Summer Drop In Hours

Mondays 9:00 a.m. - 6:00 p.m.
Tuesdays 9:00 a.m. - 6:00 p.m.
Wednesdays 9:00 a.m. - 4:00 p.m.
Thursdays 9:00 a.m. - 4:00 p.m.
Fridays 9:00 a.m. - 4:00 p.m.

New Programs

Family PlayTime

Tuesdays - age birth to 3
Thursdays - ages 3-6



Nurturing Fathers

Every Thursday 1:00-3:00 pm
from July 11 to October 3

Water Safety

with Tri-Community YMCA

Fairy Fun: "Tinker Bell" movie
with DIY Fairy Houses!

SUN	MON	TUE	WED	THU	FRI	SAT
	01 4-5 pm Dads Connect	02 4:30-6 pm LGBTQ+ young adult meet-up	03	04 9:30-10:30 am Mom to Mom	05  Deadline to register for Nurturing Fathers	06
07	08 10-11 am Grandparents Raising Grandchildren	09 4:30-6 pm LGBTQ+ young adult meet-up	10 	11 9:30-10:30 am Mom to Mom 1:00-3:00 pm Nurturing Fathers Kick Off!	12	13 Open by appointment. Call in advance.
14	15 4-5 pm Dads Connect	16 11-12 pm Family PlayTime 4:30-6 pm LGBTQ+ young adult meet-up	17	18 9:30-10:30 am Mom to Mom 11-12 pm Family PlayTime 1:00-2:00 Water Safety	19	20
21	22 10-11 am Grandparents Raising Grandchildren	23 4:30-6 pm LGBTQ+ young adult meet up	24	25 9:30-10:30 am Mom to Mom	26	27 10:30-12:30 Fairy Fun 
28	29 4-5 pm Dads Connect	30 11-12 pm Family PlayTime 4:30-6 pm LGBTQ+ young adult meet-up	31			

Follow us online at
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Southbridge FRC](https://www.facebook.com/SouthbridgeFRC)



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Caregiver Support Groups

Grandparents Raising Grandchildren -

Biweekly gathering for grandparents and great-grandparents who are the primary caregiver for a child relative. Connect with a community of support and learn about local resources.

In-person, every other Monday, 10-11 am.

Dads Connect -

Support group for fathers and other male caregivers to connect with one another. Join in-person or online, every other Monday, 4-5 pm.

Mom to Mom-

A safe space for moms and other female caregivers to find support and community. Join in-person or online, every Thursday, 9:30-10:30 am.

Teen & Young Adult Programs

LGBTQ+ Young Adult Meet Ups

with Wayside Parent-Peer Partnership
Every Tuesday, 4:30-6:00 pm
For ages 16-25

Evidence-Based Parenting Education

Active Parenting: First 5 Years (ages 0-5) -

Support the growth and development of your children through family structure. Gain the skills necessary to prepare your child to survive and thrive as they grow up. 4-week program.

Active Parenting 4th Edition (ages 5-12) -

It's the full-time job that we don't get paid for: raising children. Help your child learn about and navigate society as you face new challenges together. 6-week program.

Active Parenting of Teens (ages 11-16) -

Increase communication without increasing conflict! Develop skills that you can use every day, and help your teen avoid the risks of young adulthood. 6-week program.

Parenting Journey I -

A confidential and safe space to learn how your own childhood impacts how you parent, and set goals for what sort of parent you want to be in the future. Connect with other parents and caregivers on their own journey. 10-week program.

Nurturing Fathers -

This program brings together men from all walks of life and family circumstances who want to become better fathers so they can help their children grow up secure, loved and self-confident. 13-week program.

VIRTUAL NURTURING FATHERS GROUP

Starts July 11th, meets Thursdays 1-3 pm
Registration deadline: Friday, July 5th!

For more information on
SFRC programs and services,
call 508-519-3590, option 1.

Or come visit us at the
Southbridge Family Resource Center,
5 Optical Drive, Southbridge MA
(1st floor of the Seven Hills Building)



Water Safety

July 18th, 1:00-2:00 pm

Learn how to keep your kids safe
this summer, and get entered in a drawing
for a family season pass to the Petro Pool!



Fairy Fun with the FRC!

Saturday, July 27th, 10:30 am - 12:30 am

Watch the movie "Tinker Bell" while making
your own Fairy Houses to take home with you!



Family PlayTime

with YOU, Inc. Young Parent Support
Every other Tuesday & Thursday
10:00 am - 11:00 am