

# OCTOBER 2024

**Southbridge Family Resource Center**

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

**Drop In Hours**

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

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



SUN	MON	TUE	WED	THU	FRI	SAT
		01  4:30-6:00 pm LGBTQ+ YA meet-up	02	03 1-2pm DV 101 with New Hope 	04	05
06 	07 3:30-5:30 Young Adult Art Meet-Up 4-5 pm Dads Connect	08 11am-12 pm PlayTime! (0-3) 10 am - 12 pm Educación especial (sesión uno) 4:30-6:00 pm LGBTQ+ YA meet-up	09	10 PlayTime CANCELLED FRC Closed in A.M. Office open 1-4:30pm	11	12
13	14 <b>FRC CLOSED for Indigenous People's Day</b>	15 1-3 pm Padres Carinosos (sesión uno) 4:30-6:00 pm LGBTQ+ YA meet-up	16	17	18	19 Open by appointment. Call in advance. 508-519-3590
20	21 4-5 pm Dads Connect	22 11am-12 pm PlayTime! (0-3) 10 am - 12 pm Educación especial (sesión dos) 4:30-6:00 pm LGBTQ+ YA meet-up	23	24 11am-12 pm PlayTime! (3-6)	25 4:00-6:00 Trunk or Treat @UMass Harrington	26 
27	28 10-11 am Grandparents Raising Grandchildren	29 4:30-6:00 pm LGBTQ+ YA meet-up	30 Active Parenting of Preteens/Teens Time TBD	31	Virtual program in November: <b>PARENTING JOURNEY!</b> Register by October 31st. 508-519-3590, option 1	

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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. Held 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.

## LGBTQ+ Young Adult Meet-Ups

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

## Young Adult Art Meet-Up

**Monday, October 7th, 3:30-5:30 pm**  
**For ages 16-25**

Join David from Wayside Parent-Peer Partnership to customize your own unique toy to take home!



RSVP to [PeerSupport@WaysideYouth.org](mailto:PeerSupport@WaysideYouth.org)

## 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. **Starting November, meets virtually.**

### 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.

## ACTIVE PARENTING OF PRETEENS & TEENS

Virtual, starts Wednesday, October 30th  
**Registration deadline: Friday, Oct 25!**

**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)

## Domestic Violence 101

with Lily from New Hope, Inc.



What is "domestic violence"? What does it look like? And how can you support a friend or relative to get help for an unhealthy and unsafe relationship?

**Thursday, October 3rd, 1:00-2:00 pm**

## Serie de Educación Especial

por el Centro de Apoyo Familiar del Valle Sur de la fundación de Seven Hills

- **10/8** Introduccion a la escuela estadounidense
- **10/22** Evaluacion y elegibilidad
- **11/5** Entender el IEP
- **11/19** Planificacion de la transicion
- **12/3** Bullying: lo que los padres deben saber



## Parent/Child PlayTime!

- Groups for kids 0-3 and 3-6, with a caregiver
- Every other Tuesday, 11am-12pm (0-3yr)
  - Every other Thursday, 11am-12pm (3-6yr)