

ALL PROGRAMS FREE FOR FAMILIES

AUGUST 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drop-Ins Welcome! (But pre-registration requested for activities marked with *) Call Us: 978-730-1275</p>				<p>*12-1:30 Active Parenting ~Six to Twelve Years (Hybrid)</p> <p>1</p>	<p>10-11 Walking Club 10-11 Dad & Me 12-1 Tween Time</p> <p>2</p>	<p>9-12 Sunflower Art & Boy Scout Donation Collection</p> <p>3</p>
<p>4</p>	<p>10-11 Grandparents Raising Grandchildren Support Group 10-11 Exercise Hour</p> <p>5</p>	<p>6</p>	<p>* Book Club (Hybrid) 3:30-4:30 Derby Car Race</p> <p>7</p>	<p>*12-1:30 Active Parenting ~Five to Twelve Years (Hybrid) 5:30-8 National Night Out at Gardner High School</p> <p>8</p>	<p>10-11 Walking Club 12-1 Tween Time & Make Your Own Ice Cream Sandwiches</p> <p>9</p>	<p>10</p>
<p>11</p>	<p>10-11 Infant /Toddler Sto- ry and Play Time 10-11 Exercise Hour</p> <p>12</p>	<p>4:30-5:30 Color By Number 4:30-5:30 Parent Chat</p> <p>13</p>	<p>* Book Club (Hybrid)</p> <p>14</p>	<p>*12-1:30 Active Parenting ~Five to Twelve Years (Hybrid) *5:30-6:30 Family Dinner (Registration Requested)</p> <p>15</p>	<p>10-11 Walking Club 10-11 Dad & Me 12-1 Tween Time</p> <p>16</p>	<p>9-12 Back to School Cele- bration & Supplies</p> <p>17</p>
<p>18</p>	<p>10-11 Grandparents Raising Grandchildren Support Group 10-11 Exercise Hour</p> <p>19</p>	<p>6-7 Teen Tuesday</p> <p>20</p>	<p>* Book Club (Hybrid) 4:30-5:30 Family Bingo</p> <p>21</p>	<p>*12-1:30 Active Parenting ~Five to Twelve Years (Hybrid)</p> <p>22</p>	<p>10-11 Walking Club 12-1 Tween Time</p> <p>23</p>	<p>24</p>
<p>25</p>	<p>10-11 Infant /Toddler Sto- ry and Play Time 10-11 Exercise Hour</p> <p>26</p>	<p>4:30-5:30 Color By Number 4:30-5:30 Parent Chat</p> <p>27</p>	<p>* Book Club (Hybrid)</p> <p>28</p>	<p>*12-1:30 Active Parenting ~Five to Twelve Years (Hybrid) 5:30-6:30 Meditation with Lise</p> <p>29</p>	<p>10-11 Walking Club 10-11 Dad & Me 12-1 Tween Time</p> <p>30</p>	<p>31</p>

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant /Toddler Story & Playtime ~ Multiple Staff
A time for caregivers to enjoy a story or play with their infant and toddler age children.
Mondays 8/12 & 26 @ 10 AM

Dad & Me ~ Cathy
Playgroup for male caregivers and their children.
Fridays 8/2, 16, & 13 @ 10 AM

Tween Time ~ Lindsay
A time for kids ages 9-13 to come together, enjoy lunch, chat, and make new friends!
Fridays @ 12 PM

Teen Tuesday ~ Tammy & Kristan
A time for teens to hang out and play PS5 & board games!
Tuesday 8/20 @ 6 PM

CAREGIVER SUPPORT

***Book Club (Hybrid)** ~ Tammy & Lindsay
Come discuss the book of the month and enjoy lunch. Books available at the center through the Gardner Library. **Wednesdays @ 11 AM**
Email Tammy.Goodgion@csoinc.org for the zoom link.

Grandparents Raising Grandchildren ~ Cathy
Support for Grandparents who provide primary & care. **Mondays 8/5 & 19 @ 10 AM**



CLINICAL
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OPTIONS

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

Parent Chat ~ Tammy
A time for parents to talk about the successes and challenges of raising children.
Tuesdays 8/13 & 27 @ 4:30 PM

Walking Club ~ Lise
Enjoy an hour of walking and talking outside in the fresh air! **Fridays @ 10 AM**

Active Parenting (5 to 12 yr. old's)(Hybrid)
Come learn how to nurture your child with “just the right” combo of freedom and non-violent discipline. ***Thursdays 12-1:30 PM (registration required)**
Email Tammy.Goodgion@csoinc.org for the zoom link

Life Skills

Meditation with Lise ~ Lise
Join Lise for an hour of meditation and relaxation.
Thursday 8/29 @ 5:30 PM

Exercise Hour ~ Tammy & Summer
Follow along with pre-recorded videos for low impact exercise. All fitness levels welcome!
Mondays @ 10 AM

FAMILY ACTIVITIES

Family Dinner ~ Lise & Kristan
Join us for a family dinner! This month: Pizza!
***Registration Requested** (please let us know of any dietary needs) **Thursday 8/15 @ 5:30 PM**

Derby Car Race ~ Multiple Staff
Come race the derby cars you built with us last month! **Wednesday 8/7 @ 3:30 PM**

Color by Number ~ Multiple Staff
Come color and have a snack!
Tuesdays 8/13 & 27 @ 4:30 PM

Family Bingo ~ Kristan & Lindsay
Win some prizes and play bingo with your family.
Wednesday 8/21 @ 4:30 PM

ARTS

Sunflower Art & Boy Scout Donation Collection Day ~ Tammy & Kristan
It's National Sunflower Day! Create some sunflower art. The Boy Scouts will also be here collecting donations of items to be distributed to families in need. **Saturday 8/3 from 9 AM—12 PM**

Community Events

National Night Out ~ Multiple Staff
Join the FRC Staff at the Gardner High School for some fun activities, food and swag!
Thursday 8/8 from 5:30-8 PM

***Back to School Celebration**
Saturday August 17 from 9 AM –12 PM
Come pick up a backpack with school supplies and enjoy a treat!

Contact Us to Reserve your backpack!

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