

ALL PROGRAMS FREE FOR FAMILIES

The FRC is
open
Mon–Fri
9am–5pm



SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1:30-2:30 Caregiver Self Care: Fall Vision Boards 4-5:30 Family Hangout 1	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 2	4-5 Creative Connections: Portrait Challenge 6-8 Nurturing Father's 3	10-11 Baby Playtime 11-12 Journaling Drop-In 4	5
6	CENTER CLOSED 7	12-1 Lunch & Learn 1:30-2:30 Caregiver Self Care: Labor Day Coloring 4-5:30 Family Hangout 8	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 9	4-5 Creative Connections: Canvas Tote Bag Decorating 6-8 Nurturing Father's 10	10-11 Baby Playtime at Groff Park 11	11:30-1:30 Paint by Number and Sip Seltzer 12
13	5:30-7 Chess Club 5:30-7 Creative Writing 14	11-12:30 Parenting Journey in Recovery (PJR) 1:30-2:30 Caregiver Self Care: Fall Glowing Jars 4-5:30 Family Hangout 15	3:30-4:30 You're Not Alone 16	4-5 Creative Connections: Doodle Challenges 6-8 Nurturing Father's 17	10-11 Baby Playtime 11-12 Journaling Drop-In 18	19
20	10-12 New Baby, New Caregiver 21	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Community Puzzle 4-5:30 Family Hangout 22	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 23	4-5 Creative Connections: Puzzle Making 6-8 Nurturing Father's 24	10-11 Baby Playtime 25	11-1 BINGO in the Wild! 26
27	5:30-7 Chess Club 5:30-7 Creative Writing 28	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Magazine Paper Bowls 29	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 30	Registration required for all groups/events Call 413-549-0297 for registration and/or questions.		