

JULY

SUN

MON

TUE

WED

THU

FRI

SAT

1
5-7pm
Tween Tuesday

2
5-7pm
Active Parenting
0-5

3
THE FRC WILL BE
CLOSING AT 2PM!


4
CLOSED


5
CLOSED

6
CLOSED

7
10am-12pm:
Craft Corner
10am-11pm:
Encouraging Fathers
5-7pm
Conversational
English

8
5-7pm
Tween Tuesday

9
5-7pm
Active Parenting
0-5

10
2:30-4pm
Teen Drop In

11
12-1
Feel Good
Friday

12
11-12:30
Summer
Safety Pack
Pick Up


13
CLOSED

14
10am-12pm:
Childrens Play
Group
5-7pm
Conversational
English

15
5-7pm
Tween Tuesday

16
9-5
Food & Diaper
Pantry Pick-Up
10-12:30
Early Head Start Visits
the FRC
5-7pm
Active Parenting
0-5

17
2:30-4pm
Teen Drop In

18
10-12pm:
FRC Cafe
12-1:30
GRG Group

19
CLOSED

20
CLOSED

21
10am-12pm:
Craft Corner
10am-11pm:
Encouraging Fathers
5-7pm
Conversational
English

22
5-7pm
Tween Tuesday

23
5-7pm
Active Parenting
0-5

24
2:30-4pm
Teen Drop In

25
12-1
Feel Good
Friday

26
11-1pm
Candle
Making
Workshop


27
CLOSED

28
10am-12pm:
Childrens Play
Group
5-7pm
Conversational
English

29
5-7pm
Tween Tuesday

30
5-7pm
Extended Office
Hours

31
2:30-4pm
Teen Drop In

HOURS OF OPERATION:

Monday through Friday: 9am-5pm

Monday-Wednesday
Extended Weekday Until 7pm:

Saturday: Appointment or event only

FRC STAFF

Lorraine Mitchell – Program Director

Megan Barlow – Clinician

Cindy Depina – Family Partner

Lilyan Razik – Family Engagement Ambassador

Sydney Williams – School Liaison

**29 North Main Street
Attleboro MA 02703**

YOUTH PROGRAMS

Childrens play group

Ages 0-5. Weekly, informal play-time for young children and their parent's to meet and socialize in the community while building new connections.

Tween Tuesday

This group is for tweens ages 9-12. Join us for snacks, fun, and activities of all kinds! Games, crafts, movies, and much more fun.

Teen Drop-In

Looking for somewhere to hang after school? Come by the FRC for homework help, movies, games, snacks and more. This group is for teens ages 13-16!

WHOLE FAMILY

Craft Corner

If you love to craft, please join us for Craft Corner. Bring your own projects, or use the FRC materials to get crafty and socialize.

Candle Making Workshop

Get ready to relax and make your own candles here at the FRC. All supplies provided.

Summer Safety Pack Pick Up

The FRC has 25 Summer Safety Packs to give away including sunscreen, bug spray sunglasses and everything you need to keep everyone safe in the summer sun. You MUST register to receive. Available while supplies last.



OTHER FRC SERVICES:

Mental Health Referrals

Navigating School Systems

GATRA Passes & Information

Connection to Community Resources

Financial Assistance Application Support

If you are interested in any of our upcoming events or services listed above, please contact us.

AttleboroFRC@oldcolonymca.org

774-203-1516



CAREGIVER SUPPORT

Active Parenting 0-5

This course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline.

FRC Cafe

Join us for our weekly café and conversation. Meet new people and create new connections.

Encouraging Fathers

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

Grandparents Raising Grandchildren (GRG)

Are you a grandparent feeling like you are all alone in this journey? You are not alone! Come join and share with other grandparents raising grandchildren.

Active Parenting

Active Parenting of Teens is program that will give you confidence and courage to meet the challenges and savor the joys of your children's teen years.

Manet Nutrition Program

Join Manet Community Health Center dietitians to learn about nutrition, find new recipes, and to prepare healthy meals and snacks on a budget!

Feel Good Friday

Get ready to go into the weekend feeling your best! Come into Feel Good Friday for mindfulness and self care workshops.

Conversational English

If Arabic is your first language and you're looking to expand your conversational skills in English, join us at the FRC!

Monthly Food and Diaper Pantry Pick Up: Wednesday July 16

Pantry bags will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages.



Hygiene Kits available



**Take our survey and
let us know how we're
doing!**

**SCAN
ME**

