



OCTOBER

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				1 3:30-5 Rainbow Club	2 12:30-2pm Caregiver Crafternoon	3 CLOSED
4 CLOSED	5 10-11am Baby Cafe 5-7pm Parenting Journey	6 4:30-6pm Family Fun Night	7 4-6:30pm Nurturing Fathers	8 12-1:30 Attendance Matters 3:30-5 Rainbow Club	9 12-1:30pm Feel Good Friday	10 KICKIN IT NEW ENGLAND REVOLUTION WITH DAD
11 CLOSED	12 CLOSED Indigenous Peoples Day	13 4:30-6pm Tween Scene	14 5-7pm Nurturing Families 5-7pm Closed Group	15 3:30-5 Rainbow Club	16 12-1pm Grandparents Raising Grandchildren	17 Community Baby Shower 11am-1pm
18 CLOSED	19 10-11am Baby Cafe 4-5pm DadLink (Virtual) 5-7pm Parenting Journey	20 4:30-6pm Family Fun Night	21 9-5pm Food & Diaper Pantry Pick-Up 5-7pm Nurturing Families	22 3:30-5 Rainbow Club	23 12-1:30pm Feel Good Friday	24 CLOSED
25 CLOSED	26 10-11am Baby Cafe 5-7pm Parenting Journey	27 4:30-6pm Tween Scene	28 5-7pm Nurturing Families 5-7pm Closed Group	29 3:30-5 Rainbow Club	30 3-5 After School Halloween Bash	31 CLOSED

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

HOURS OF OPERATION:

Monday through Friday: 9am-5pm
Tuesday, Wednesday, Thursday
Extended Programming Until 6pm
Saturday: Event only

FRC STAFF CONTACTS

Deborah Cosgrove - Program Director
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Megan Barlow - Clinician
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Erika Cosgrove - Family Engagement Ambassador
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General Email:
AttleboroFRC@oldcolonyymca.org

OTHER FRC SERVICES:

Mental Health Referrals
Navigating School Systems
GATRA Passes & Information
Connection to Community Resources
Financial Assistance Application Support

774-203-1516

**29 North Main Street
Attleboro, MA 02703**



Please note that between 12:30-2pm on
TUESDAYS the office is closed for staff meeting.

YOUTH PROGRAMS

Rainbow Club

Safe, casual, and supportive space for ages 10-18 to connect, unwind, and build community. Whether you want to join in on fun activities like board games, arts and crafts, and movies, or just need an affirming space to hang out and be your authentic self, you are welcome here. No labels or expectations required—just show up as you are!

Tween Scene

A fun, welcoming space for ages 9-12 to relax, make friends, and build social-emotional skills through games, creative activities, and conversation.
Contact Sydney if interested

WHOLE FAMILY EVENTS

Family Game Night

Family Game Night is a chance for families to unplug and enjoy classic and new games together in a welcoming, community-focused setting. All ages are welcome.

Baby Cafe

An infant and family playgroup for babies ages 0-12 months and their caregivers. Families can connect, play, share experiences, and build community in a welcoming and supportive environment.

After School Halloween Bash

Halloween-themed games, crafts, activities, and plenty of festive fun. Come dressed in your favorite costume and leave with Halloween treats and goodies. Don't miss this spooktacular celebration!

Kickin It with Dad

The Attleboro FRC has LIMITED New England Revolution Tickets to the game Saturday 10/10. If you're a Dad looking for some fun with your kiddos, reach out to us for more info!

CAREGIVER SUPPORT

Attendance Matters

Looking for support with your child's attendance? Through discussion and activities, you will leave the workshop with knowledge about chronic absence and practical strategies to manage barriers to attendance. This is a virtual group. Contact Megan for the registration link.

Feel Good Friday

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

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. Contact Lynn if interested.

Parenting Journey

12 week parenting course to build confidence, manage stress, explore positive parenting practices and strengthen family relationships

Nurturing Fathers

13-week group designed to support all parenting men with a focus on developing nurturing behaviors through shared experiences and meaningful conversations. Contact Megan if interested.

Caregiver Cafternoon

Whether you bring something from home or try a new craft provided each session, this is a space to unwind, share, and create in community.
Contact Sydney if interested.

DadLink (Virtual)

DadLink is a monthly, virtual drop-in time for dads and father figures to check-in and get the support they are looking for. Contact Megan if interested.

Community Baby Shower

Receive baby essentials while supplies last, connect with local resources, enjoy refreshments and support services for growing families. Held at Sturdy Sturdy Health's Cancer and Specialty Care Building See flyer for details.

MONTHLY FOOD AND DIAPER PANTRY PICK-UP:

Wednesday, October 21st

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

