

SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

1

4:30-6pm
Tween Scene

2

4-6:30pm
Nurturing Fathers
5-7pm
Closed Group

3

3:30-5
Rainbow Club

4

12:30-2pm
Caregiver
Crafternoon

5



6

CLOSED

7



8

4:30-6pm
Family
Fun Night

9

4-6:30pm
Nurturing
Fathers

10

12-1:30
Attendance
Matters
3:30-5
Rainbow Club

11

12-1:30pm
Feel Good
Friday

12

CLOSED

13

CLOSED

14

10-11am
Baby Cafe
5-7pm
Parenting Journey

15

4:30-6pm
Tween Scene

16

9-5pm
Food & Diaper
Pantry Pick-Up
4-6:30pm
Nurturing Fathers
5-7pm
Closed Group

17



18

12-1pm
Grandparents
Raising
Grandchildren

19

10-11:30
Financial
Workshop

20

CLOSED

21

10-11am
Baby Cafe
4-5pm
DadLink (Virtual)
5-7pm
Parenting Journey

22

4:30-6pm
Family
Fun Night

23

4-6:30pm
Nurturing Fathers

24

3:30-5
Rainbow Club

25

12-1:30pm
Feel Good
Friday

26

CLOSED

27

CLOSED

28

10-11am
Baby Cafe
5-7pm
Parenting Journey

29

4:30-6pm
Tween Scene

30

4-6:30pm
Nurturing Fathers

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
dcosgrove@oldcolonyymca.org
Lynn Furtado - Program Manager
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Megan Barlow - Clinician
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Sydney Williams - School Liaison
swilliams@oldcolonyymca.org
Erika Cosgrove - Family Engagement Ambassador
ecosgrove@oldcolonyymca.org
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.

North Attleboro Farmers Market

The FRC will be spending our Summer Saturdays at the North Attleboro Farmers Market from 9am-1pm. Come by 43 South Washington Street, North Attleboro, MA 02760 to say hi and check out the fun!

Financial Workshop

"Making the Most of Every Dollar," a practical webinar that explores simple strategies for budgeting, banking, and managing money more effectively. Participants will gain actionable tips to help maximize their income, build stronger financial habits, and make more informed financial decisions

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 Crafternoon

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.

MONTHLY FOOD AND DIAPER PANTRY PICK-UP:

Wednesday, September 16th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

**SCAN
ME**



SEPTIEMBRE

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		1 4:30-6pm Zona Preadolescente	2 4-6:30pm Nurturing Fathers 5-7pm Grupo Cerrado	3 3:30-5 Club arcoíris	4 12:30-2pm Caregiver Crafternoon	5 NORTH ATTLESORO FARMERS MARKET 9AM-1PM
6 CERRADO	7 CERRADO	8 4:30-6pm Noche de Juegos con la Familia	9 4-6:30pm Nurturing Fathers	10 12-1:30 La Asistencia Cuenta 3:30-5 Club arcoíris	11 12-1:30pm Sentirse Bien Viernes	12 CERRADO
13 CERRADO	14 10-11am Café Bebé 5-7pm Parenting Journey	15 4:30-6pm Zona Preadolescente	16 9-5pm Despensa de alimentos y pañales 4-6:30pm Nurturing Fathers 5-7pm Grupo Cerrado	17 CERRADO	18 12-1pm Abuelos criando a sus nietos	19 10-11:30 Taller de finanzas
20 CERRADO	21 10-11am Café Bebé 4-5pm DadLink (Virtual) 5-7pm Parenting Journey	22 4:30-6pm Noche de Juegos con la Familia	23 4-6:30pm Nurturing Fathers	24 3:30-5 Club arcoíris	25 12-1:30pm Sentirse Bien Viernes	26 CERRADO
27 CERRADO	28 10-11am Café Bebé 5-7pm Parenting Journey	29 4:30-6pm Zona Preadolescente	30 4-6:30pm Nurturing Fathers			

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

HORARIO DE FUNCIONAMIENTO

De Lunes a Viernes: 9 a las 5
Martes, Miércoles, Jueves
Programa extendido hasta las 7
Sábado: Solo con cita o evento
programado

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Ambassador
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General Email:
AttleboroFRC@oldcolonyymca.org

OTROS SERVICIOS DEL FRC

Referencias de salud mental
Navegando por los sistemas escolares
Pases e información GATRA
Conexión a recursos comunitarios
Soporte para solicitudes de asistencia financiera

774-203-1516

29 North Main Street
Attleboro, MA 02703



También tenga en cuenta que los MARTES entre las 12:30 y las 2 pm la oficina estará cerrada por reunión del personal.

PROGRAMAS PARA JOVENES Rainbow Club

Un espacio seguro, distendido y acogedor para jóvenes de 10 a 18 años, donde pueden conectar, relajarse y crear comunidad. Ya sea que quieras participar en actividades divertidas — como juegos de mesa, manualidades o cine— o simplemente necesites un lugar positivo para pasar el rato y ser tú mismo, aquí eres bienvenido. No hay etiquetas ni expectativas: ¡simplemente ven tal como eres!

Zona Preadolescente

Un espacio divertido y acogedor para que las edades de 9 a 12 años se relajen, hagan amigos y desarrollen habilidades socioemocionales a través de juegos, actividades creativas y conversaciones.

APOYO PARA CUIDADORES

La Asistencia Cuenta

¿Necesita ayuda con la asistencia escolar de su hijo/a? A través de conversaciones y actividades, en este taller virtual adquirirá conocimientos sobre el absentismo crónico y estrategias prácticas para superar los obstáculos que impiden la asistencia a clase. Para obtener el enlace de inscripción, comuníquese con Megan.

Sentirse Bien Viernes

¡Prepárate para empezar el fin de semana sintiéndote lo mejor posible! Ven a 'Sentirse Bien Viernes' para disfrutar de talleres de mindfulness y autocuidado.

Abuelos criando a sus nietos

¿Es usted un abuelo que se siente solo en este viaje? ¡Usted no está solo! Ven y únete y comparte con otros abuelos criando nietos.

Parenting Journey

Curso de crianza de 12 semanas para fomentar la confianza, gestionar el estrés, explorar prácticas de crianza positiva y fortalecer las relaciones familiares.

TODALA FAMILIA

Noche de Juegos con la Familia

La Noche de Juegos en Familia es una oportunidad para que las familias se desconecten y disfruten juntas de juegos clásicos y nuevos en un ambiente acogedor y orientado a la comunidad. Personas de todas las edades son bienvenidas.

Café Bebé

Un grupo de juego para bebés de 0 a 12 meses y sus cuidadores. Las familias pueden relacionarse, jugar, compartir experiencias y crear comunidad en un entorno acogedor y de apoyo.

North Attleboro Farmers Market

El FRC pasará los sábados de verano en el mercado de agricultores de North Attleboro, de 9:00 a. m. a 1:00 p. m. ¡Visítanos en el 43 South Washington Street, North Attleboro, MA 02760, para saludarnos y disfrutar de la diversión!

Taller financiero

Un seminario web práctico que explora estrategias sencillas para elaborar presupuestos, gestionar servicios bancarios y administrar el dinero de manera más eficaz. Los participantes obtendrán consejos prácticos para maximizar sus ingresos, desarrollar hábitos financieros más sólidos y tomar decisiones financieras mejor fundamentadas.

Nurturing Fathers

Los padres desarrollarán habilidades de crianza afectuosas, respetuosas y responsables, al tiempo que fortalecen los vínculos con sus hijos y familias. Si le interesa, comuníquese a través del correo electrónico general.

Caregiver Crafternoon

Ya sea que traigas algo de casa o pruebes una nueva manualidad de las que se ofrecen en cada sesión, este es un espacio para desconectar, compartir y crear en comunidad. Contacta a Sydney si te interesa.

DadLink (Virtual)

DadLink es un espacio virtual mensual de libre acceso para que los padres y las figuras paternas puedan ponerse al día y recibir el apoyo que buscan. Si le interesa, comuníquese con Megan.

RECOGIDA MENSUAL DE ALIMENTOS Y PANALES

Miércoles, Septiembre 16th

POR FAVOR, REGÍSTRESE ANTES DEL DÍA DOS MIÉRCOLES DEL MES

¡Participa en nuestra encuesta y cuéntenos cómo lo estamos haciendo!





DIMANCH	LENDI	MADI	MÈKREDI	JEDI	VANDREDI	SANDI
		1 4:30-6pm Espas pou marasa	2 4-6:30pm Nurturing Fathers 5-7pm Closed Group	3 3:30-5 Rainbow Club	4 12:30-2pm Caregiver Crafternoon	5 NORTH ATTLESORO FARMERS MARKET 9AM-1PM
6 Nou fèmen	7 Nou fèmen	8 4:30-6pm Vinn Jwe avek fanmiw	9 4-6:30pm Nurturing Fathers	10 12-1:30 Attendance Matters 3:30-5 Rainbow Club	11 12-1:30pm Feel Good Friday	12 Nou fèmen
13 Nou fèmen	14 10-11am Baby Cafe 5-7pm Parenting Journey	15 4:30-6pm Espas pou marasa	16 9-5pm Ranmase Manje ak Kouchèt 4-6:30pm Nurturing Fathers 5-7pm Closed Group	17 Nou fèmen	18 12-1pm Grandparents Raising Grandchildren	19 10-11:30 Financial Workshop
20 Nou fèmen	21 10-11am Baby Cafe 4-5pm DadLink (Virtual) 5-7pm Parenting Journey	22 4:30-6pm Vinn Jwe avek fanmiw	23 4-6:30pm Nurturing Fathers	24 3:30-5 Rainbow Club	25 12-1:30pm Feel Good Friday	26 Nou fèmen
27 Nou fèmen	28 10-11am Baby Cafe 5-7pm Parenting Journey	29 4:30-6pm Espas pou marasa	30 4-6:30pm Nurturing Fathers			

Si w enterese nan nenpòt nan evènman oswa sèvis nou yo ki nan lis anwo a, tanpri kontakte nou.

Orè de operasyon

Lendi jiska Vandredi: 9è dimaten - 5è apremidi

Madi, Mèkredi, Jedi

Pwogram pwolonje jiska 7è diswa

Samdi: Randevou oswa evènman sèlman

Anplwaye FRC

Deborah Cosgrove - Program Director

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General Email:

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Lòt Sèvis FRC

Referans Sante Mantal

Navige Sistèm Lekòl yo

Koneksyon ak Resous Kominotè

Koneksyon ak Resous Kominotè yo

Sipò pou Aplikasyon pou Èd Finansye

774-203-1516

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



Pwogram Jèn yo

Rainbow Club

Se yon plas ki an sekirite, odine e sipòtan pou timoun 10-18 pou konekte, debwaze et konstwi yon kominote. Kit se yon espas pou jwe, fe atizanal gade yon fim oubyen yon kote pou jis vinn relax ou pou montre ki moun ou ye oubyen vini. Ou pa bezwe etiket jis vini janw ye a ye a.

Tween Scene

Yon espas amizan ak akeyan pou timoun ki gen laj 9 a 12 an pou yo detann, fè zanmi, epi devlope ladrès sosyo-emosyonèl atravè jwèt, aktivite kreyatif, ak konvèsasyon.

Tout Manm Fanmiw

Yon nwit pou jwe ak fanmiw

Vini jwenn nou pou yon sware amizman, ri, ak koneksyon! Sware Jwèt Fanmi an se yon chans pou fanmi yo dekonecte ak elektwonik epi jwi jwèt klasik ak nouvo ansanm nan yon anviwònman akeyan, santrè sou kominote a. Tout laj yo akeyi.

Baby Cafe

Timoun ak fanmi group jwet pou fanmi pou konekte jwe, 0 ak 12 mwa, separe experyans, e konstwi kominote nan yon fason byenvini e sipòtan.

North Attleboro Farmers Market

FRC ap pase vakans lan Chak samdi nan North Attleboro Farmers Market 9am pou 1pm

Financial Workshop

Fe pi plis a chak dola. Yon patikile semine ki ka edew eksplòre yon bidje fasil pou manage lajanw. Patisipan nan semine sa wap aprann konstwi bati yon solid pi fo finansye solid e pou ka pran desizyon finansye ki pi byen reflechi.

Sipò pou moun kap bay swen yon timoun

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

Prepare w pou w antre nan wikenn nan ak pi bon santiman w! Vin nan Vandredi Santi Bon an pou atelye atensyon ak swen pèsònèl.

Grandparents Raising Grandchildren (GRG)

Eske w se yon granparan ki santi w poukont ou nan vwayaj sa a? Ou pa poukont ou! Vin jwenn ou epi pataje ak lòt granparan k ap leve pitit pitit.

Parenting Journey

12 semen class pou paran pou yo ka konstwi konfidans, manage stres e gade positivite pratik parantal e anforse relasyon famiyal

Nurturing Fathers

Fanmi yo angaje nan yon pwogram 13 semèn ki konstwi avèk leson ki ankouraje epi sipòte chanjman atitud ak konpòtman paran yo, ranfòse lyen ak pitit yo, epi amelyore kominikasyon tou.

Caregiver Crafternoon

Kelkeswa saw pote yon bagay yon aktivite ou ka fe pou relaks ak lòt moun pou plis enfòmasyon kontakte Sydney.

DadLink (Virtual)

DadLink se yon moman vizit vityèl chak mwa pou papa yo ak moun paternèl yo ka pran nouvel epi jwenn sipò y ap chèche a.

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

