

ALL PROGRAMS FREE FOR FAMILIES

APRIL 2025

The FRC is open
 Mon–Fri, 9 a.m.–5 p.m
 and the
 1st and 4th Saturday.
 Call for details!



CLINICAL
 & SUPPORT
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  Take our survey to let us know how we're doing!		FRC CLOSED FOR STAFF DEVELOPMENT 1	*11-12 Book Club 3-5 Homework Club 2	*4-5 Kids Art & Game Group for ages 9-12 *5-7 Nurturing Fathers 3	10-11 Walking Club 4	9-12 FRC's 2nd Birthday Celebration! 5
6	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 3:30-4:30 Mindful Monday 7	*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 8	*11-12 Book Club *4-5 Art Hour 9	*5-6 Family Dinner *6-7:30: Cut Loose: Collaging with Michael Sjostedt This Month: Tin Can Planters 10	10-11 Walking Club 11	12
13	9-10 Exercise Hour 10-11 Infant Toddler Story & Play time *4-5 Board Games & Social Skills For Teens 14	*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 4:30-5:30 Eater Egg Hunt 15	*11-12 Book Club 3-5 Homework Club 16	*4-5 Kids Art & Game Group for ages 9-12 *5-7 Nurturing Fathers 17	10-11 Walking Club 4-5 Family Bites 18	19
20	CLOSED IN OBSERVANCE OF PATRIOTS DAY 21	3-4 MY Turn Workforce Development *4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 22	*11-12 Book Club 2-4 Plant your Own Flowers! 4-5 Art Hour: Earth Day Art 23	9:30-10:30 Animal Adventures *4-5 Kids Art & Game Group for ages 9-12 *5-7 Nurturing Fathers 24	10-11 Walking Club 12-2 DIY Slime 25	9-12 Purple Paws Event 26
27	9-10 Exercise Hour 10-11 Infant Toddler Story & Play time *4-5 Board Games & Social Skills For Teens 28	*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 29	*11-12 Book Club 3-5 Homework Club 30	Drop-Ins Welcome! (But pre-registration is requested for events with *) Call Us: 978-730-1275		

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

Infant / Toddler Storytime — *Multiple Staff* A time for caregivers to enjoy a story or play with their infant and toddler aged children. **Mondays, 4/14, 4/28 @ 10-11am**

Homework Club — *Multiple Staff*
A supportive environment for students and parents to complete their homework and receive help with assignments. **Wednesdays, 4/2, 4/16, 4/30 @ 3-5pm**

Art Hour — *Tammy & Kristan*
Create and explore art through fun projects. All skill levels welcome! **Wednesdays, 4/9, 4/23 @ 4-5pm**

***Board Games & Social Skills for Teens** — *Multiple Staff*
Boost communication, teamwork, and problem-solving skills while having fun with friends in an engaging board game environment! ***Must register 1 week in advance* Every other Monday @ 4-5pm at CSO Outpatient Clinic**

***Kids Art & Game Group** — *Multiple Staff*
Attend for fun art projects, exciting games, and a chance to express your creativity! ***Must register 1 week in advance* Tuesdays: Ages 5-8, Thursdays: Ages 9-12 @ 4-5pm**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy & Tammy*
Support for Grandparents who provide primary care. **Monday 4/7 @ 10-11am**



CLINICAL
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Gardner Family Resource Center
205 School Street, Suite 302, Gardner
978-730-1275

Dad's Corner — *Tammy*
A forum where fathers can meet and talk about fatherhood. **Tuesdays, 4/8, 4/22 @ 5-6pm**

Parent Chat — *Tammy*
A time for parents to talk about the successes and challenges of raising children. **Tuesdays, 4/15, 4/29 @ 4:30-5:30pm**

***Book Club (Hybrid)** — *Tammy & Kathy*
Come discuss the book of the month and enjoy lunch! Books available at the FRC through the Gardner Library. **Email tammy.goodgion@csoinc.org for the zoom link. Wednesdays @ 11am**

****Nurturing Fathers'** — *Tammy & Lise*
Join us for this 13-week class that helps fathers build parenting skills, communication, and emotional growth in a supportive, nonjudgmental space. **Registration Required! Thursdays @ 5-7pm**

LIFE SKILLS

Mindful Monday — *Multiple Staff*
Focus on mindfulness, stress relief through guided activities and practices. **Monday, 4/7 @ 3:30-4:30pm**

Exercise Hour — *Multiple Staff*
Follow along with pre-recorded videos for low impact exercises! **Mondays @ 9am**

Walking Club — *Lise*
Enjoy an hour of walking and talking! **Fridays @ 10-11am**

***Family Bites: Nourishing Recipes for Every Home**
Come make a simple, wholesome, and affordable recipe and take it home to enjoy! **Friday, 4/18 @ 4-5pm**

MY TURN: Workforce Development Program
Come learn about MY TURN, a program for 16-24 year-olds in North Central MA offering education, training, and employment support. **Tuesday, 4/22 @ 3-4pm**

FAMILY ACTIVITIES

***Family Dinner** — *Lise & Kristan*
Join us for family dinner! This month: Tacos! Boxes of free, fresh produce available through Growing Places! **(Please let us know of any dietary needs.) *Registration Requested! Thursday, 4/10 @ 5-6pm**

***Cut Loose: Collaging with Michael Sjostedt**
Join local artist Michael Sjostedt for a fun, all-ages collaging workshop **This Month: Tin Can Planters! *Registration Requested! Thursday, 4/10 @ 6-7:30pm**

Easter Egg Hunt — *Multiple Staff*
Celebrate Easter with an egg hunt here at the FRC! **Tuesday 3/15 @ 4:30-5:30**

Plant Your Own Flowers — *Multiple Staff*
Get your hands dirty, plant your own flowers, and enjoy the fun of watching them grow! **Wednesday 4/23 @ 2-4pm**

****Animal Adventures** — *Multiple Staff*
Get hands-on with animals like snakes, alligators, ferrets, and rabbits while learning about their unique traits and habitats! ***Registration Required. Thursday, 4/24 @ 9:30-10:30**

Make Your Own Slime — *Multiple Staff*
Join us to create and customize your own stretchy, colorful slime! **Friday 4/25 @ 12-2pm**

Purple Paw Event — *Multiple Staff*
Join us at Pulaski Dog Park for a fun event supporting domestic violence survivors and their pets! Enjoy a Paw Walk, live music, vendors, and raffles to help provide safety and care for pets in need. **Saturday, 4/26 9:30-12pm**

FRC's 2nd Birthday Celebration!

Come join us in celebrating the FRC's second birthday with all the classic party games and cake!

Saturday 4/5 @ 9-12pm

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