


ALL PROGRAMS FREE FOR FAMILIES

APRIL 2026

The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FRC Drop-In Visitors Are Welcome! Pre-registration is required for many groups. Use QR code to register. Or call (978) 730-1275.</p>			<p>*11-12 Book Club *12:30-2:30 Nurturing Fathers</p> <p style="text-align: right;">1</p>	<p>*9:30-11:30 Active Parenting *4-5 Kids Art & Game Group for Ages 9-12 4-5 Parent Chat</p> <p style="text-align: right;">2</p>	<p>10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club</p> <p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>
<p style="text-align: right;">5</p>	<p>9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens</p> <p style="text-align: right;">6</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery</p> <p style="text-align: right;">7</p>	<p>*11-12 Book Club *12:30-2:30 Nurturing Fathers 4-5 Art Hour: Free Choice</p> <p style="text-align: right;">8</p>	<p>*9:30-11:30 Active Parenting *4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner</p> <p style="text-align: right;">9</p>	<p style="text-align: right;">10</p>	<p>*9-12 Open by Appointment Only</p> <p style="text-align: right;">11</p>
<p style="text-align: right;">12</p>	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren</p> <p style="text-align: right;">13</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery</p> <p style="text-align: right;">14</p>	<p>*11-12 Book Club *12:30-2:30 Nurturing Fathers</p> <p style="text-align: right;">15</p>	<p>*9:30-11:30 Active Parenting *4-5 Kids Art & Game Group for Ages 9-12 4-5 Parent Chat</p> <p style="text-align: right;">16</p>	<p>10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club</p> <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p>
<p style="text-align: right;">19</p>	<p style="text-align: center;">CLOSED FOR PATRIOTS DAY</p> <p style="text-align: right;">20</p>	<p>*10-12 Dungeons & Dragons for Pre/Teens *4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery</p> <p style="text-align: right;">21</p>	<p>*11-12 Book Club *12:30-2:30 Nurturing Fathers 4-5 Art Hour: Seed Planting & Pot Decorating</p> <p style="text-align: right;">22</p>	<p>*9:30-11:30 Active Parenting *10-12 Dungeons & Dragons for Pre/Teens *4-5 Kids Art & Game Group for Ages 9-12</p> <p style="text-align: right;">23</p>	<p>*12-1 Lunch & Learn: Mindful Parenting Strategies to Find Your Calm</p> <p style="text-align: right;">24</p>	<p>*9-12 Open by Appointment Only</p> <p style="text-align: right;">25</p>
<p style="text-align: right;">26</p>	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren</p> <p style="text-align: right;">27</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery</p> <p style="text-align: right;">28</p>	<p>*11-12 Book Club *12:30-2:30 Nurturing Fathers</p> <p style="text-align: right;">29</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 4-5 Parent Chat</p> <p style="text-align: right;">30</p>		

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

*Kids Art & Game Group — Multiple Staff

Attend for fun art projects, exciting games, and a chance to express your creativity!

*Must register in advance with the CSO Clinic

***Tuesdays: Ages 5-8, Thursdays: Ages 9-12 from 4-5 pm**

Infant Toddler Story & Playtime—Multiple staff

A time for caregivers to enjoy a story or play with their Infant or Toddler age children.

Every other Friday from 10-11 am

Art Hour — Multiple Staff

Create and explore art through fun projects. All ages & skill levels welcome!

Every other Wednesday from 4-5 pm

Chess & Board Games Club — Connor

Join us for fun and friendly competition playing chess and other games.

Every other Friday from 4-5 pm

*Board Games & Social Skills for Teens — Multiple Staff

Boost communication, teamwork, and problem solving while having fun with friends in an engaging board game environment.

***Must register 1 week in advance with the CSO OP Clinic. Every other Monday from 4-5 pm**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — Cathy & Tammy

Support for Grandparents who provide primary care.

Every other Monday from 10-11 am (Hybrid)



Gardner FRC

205 School Street, Suite 302, Gardner

978.730.1275

Parent Chat — Multiple Staff

A time for parents to talk about the successes and challenges of raising children.

Every other Thursday from 4-5 pm

*Book Club — Kathy

Come discuss the book of the month and enjoy lunch!

Wednesdays 11am -12pm

LIFE SKILLS

Exercise Hour — Tammy & Meredith

Parents and Caregivers join us for an hour of movement. This program features pre-recorded exercise videos with a variety of options such as yoga, low-impact aerobics, chair exercises, stretching, and more. All fitness levels welcome, move at your own pace and choose what feels right for you. Child care available upon request.

Mondays from 9-10 am

*Lunch & Learn: Mindful Parenting Strategies to Tame the Chaos and Find Your Calm — Summer

Parenting can often feel chaotic and overwhelming—but you're not alone in this journey. During this session, Ruth and Na will share mindful parenting strategies to help you reduce stress and avoid parental burnout while building more calm, connection, and cooperation at home. This honest discussion will explore what's really driving parental burnout and, more importantly, what you can do to overcome it in your day-to-day family life.

***Registration is Required! Friday 4/24, 12-1 pm**

Lunch provided, and childcare upon request

EDUCATION

*Parenting Journey in Recovery — Cathy & Tammy

Personal recovery, accountability, positive actions, improved communication, and hard work are among the many topics that will be discussed in a safe and caring environment.

***Registration Closed! Tuesdays 4-6 pm**

*Nurturing Fathers — Cathy & Tammy

A 13-session, evidence-based curriculum that builds skills in emotional management, communication, problem-solving, and creating nurturing family environments. By focusing on the unique role of fathers, participants reflect on how personal experiences shape their parenting styles.

***Registration Closed! Wednesdays 12:30-2:30 pm
Lunch provided, and childcare upon request**

*Active Parenting (Hybrid) — Summer & Kathy

Active Parenting (4th Edition) is a practical, evidence-based parenting program that helps parents build strong family relationships, encourage positive behavior, and guide children ages 5-12 with confidence. This session offers real-life strategies for communication, discipline, and problem-solving to support healthy child development.

***Registration Closed! Thursdays 9:30-11:30 am
Last Class is 4/23**

FAMILY ACTIVITIES

*Family Dinner — Multiple Staff

This month for family dinner we will be having meatloaf!

(Please let us know if you have any allergies)

Thursday 4/9 from 5-6 pm

***Call or email us to register in advance**

*Dungeons & Dragons for Preteens & Teens — Multiple Staff

We will be running two Dungeons & Dragons sessions this month. Whether you have joined us before or if this is your first time, all are welcome!

Tuesday 4/21 & Thursday 4/23 from 10am-12pm

***Registration Required**

Saturday Hours

This month we will only be open 9am—12pm

Saturday 4/11 & 4/25 by appointment only

Contact Us to Schedule Your Time!

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