


ALL PROGRAMS FREE FOR FAMILIES

# FEBRUARY 2025

The FRC  
is open  
Mon-Fri,  
9 a.m.-5 p.m. and on the  
1st and 3rd Saturdays  
9 a.m.-12 p.m.  
Call for details!



CLINICAL  
& SUPPORT  
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>← Take our survey to let us know how we're doing!</p> <p><b>Drop-Ins Welcome!</b> (But pre-registration is requested for many groups.)</p> <p>Call Us: 978-730-1275</p>						<p>*9-12 Family Brunch &amp; Bingo</p> <p><b>1</b></p>
<b>2</b>	<p>9-10 Exercise Hour</p> <p>10-11 Grandparents Raising Grandchildren Support Group</p> <p>3:30-4:30 Mindful Monday</p> <p><b>3</b></p>	<p>4:30-5:30 Color By Number</p> <p>4:30-5:30 Parent Chat</p> <p>*4-6 Active Parenting of Teens</p> <p><b>4</b></p>	<p>*11-12 Book Club</p> <p>3-5 Homework Club</p> <p><b>5</b></p>	<p>3-5 Lego Building</p> <p><b>6</b></p>	<p>1-2 Walking Club</p> <p><b>7</b></p>	<b>8</b>
<b>9</b>	<p>9-10 Exercise Hour</p> <p>10-11 Infant Toddler Story &amp; Play time</p> <p>3:30-4:30 Mindful Monday</p> <p><b>10</b></p>	<p>*4-6 Active Parenting of Teens</p> <p><b>11</b></p>	<p>*11-12 Book Club</p> <p>4-5 Art Hour: Valentines Crafts</p> <p><b>12</b></p>	<p>*5-6 Family Dinner</p> <p>*6-7:30: Cut Loose: Collaging with Michael Sjostedt This Month: Spread the Love Note Cards!</p> <p><b>13</b></p>	<p>1-2 Walking Club</p> <p>3:30-4:30 Father's Friday</p> <p><b>14</b></p>	<p>9-12 Table Tennis Tournament</p> <p><b>15</b></p>
<b>16</b>	<p><b>CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</b></p> <p><b>17</b></p>	<p>10-12 Winter Warm Up</p> <p>4:30-5:30 Color By Number</p> <p>4:30-5:30 Parent Chat</p> <p>*4-6 Active Parenting of Teens</p> <p><b>18</b></p>	<p>*11-12 Book Club</p> <p>*11-1 Parenting Journey</p> <p>2-4 Make Your Own Slime</p> <p>4-5 Art Hour</p> <p><b>19</b></p>	<p>10-12 Sensory Bin Exploration</p> <p>5-7 Winter Warm Up</p> <p><b>20</b></p>	<p>*12-1 Family Lunch</p> <p>1-2 Walking Club</p> <p><b>21</b></p>	<b>22</b>
<b>23/30</b>	<p>9-10 Exercise Hour</p> <p>10-11 Infant Toddler Story &amp; Play time</p> <p>3:30-4:30 Mindful Monday</p> <p><b>24</b></p>	<p>*4-6 Active Parenting of Teens</p> <p><b>25</b></p>	<p>*11-12 Book Club</p> <p>*11-1 Parenting Journey</p> <p>4-5 Art Hour</p> <p><b>26</b></p>	<p>*5:30-6:30 Family Bites</p> <p><b>27</b></p>	<p>1-2 Walking Club</p> <p>3:30-4:30 Father's Friday</p> <p><b>28</b></p>	

# 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, 2/10, 2/24 @ 10-11am**

### Homework Club — Multiple Staff

A supportive environment for students and parents to complete their homework and receive help with assignments. **Wednesday, 2/5 @ 3-5pm**

### Art Hour — Tammy & Kristan

Create and explore art through fun projects. All skill levels welcome! **Wednesdays, 2/12, 2/19, 2/26 @ 4-5pm**

### Color By Number — Kristan

Come color and enjoy a snack!  
**Tuesdays, 2/4, 2/18 @ 4:30-5:30pm**

### Lego Building — Multiple Staff

Bring your creativity to life by building with LEGO bricks and take home your project! **Thursday, 2/6 @ 3-5pm**

## CAREGIVER SUPPORT

### Grandparents Raising Grandchildren — Cathy

Support for Grandparents who provide primary care.  
**Monday, 2/3 @ 10-11am**

### Father's Friday — Cathy & Tammy

A forum where fathers can meet and talk about fatherhood.  
**Fridays, 2/14, 2/28 @ 3:30-4:30pm**



CLINICAL  
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OPTIONS

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

### Parent Chat — Tammy

A time for parents to talk about the successes and challenges of raising children. **Tuesdays, 2/4, 2/18 @ 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](mailto:tammy.goodgion@csoinc.org) for the zoom link.**  
**Wednesdays, @ 11am**

### \*Active Parenting of Teens — Tammy & Cathy

Join other parents in this 6-week parent-positive, strengths focused group. Dinner provided & childcare is available upon request. **Registration Required! Tuesdays, @ 4-6pm**

### \*Parenting Journey — Summer & Cathy

Join this 12-week group that helps parents strengthen self-care and create a nurturing environment for their children. Lunch provided & childcare available upon request.  
**Registration Required! Starting Wednesday, 2/19 @ 11-1pm**

## LIFE SKILLS

### 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, @ 1-2pm**

### Mindful Monday — Multiple Staff

Focus on promoting relaxation, mindfulness, and stress relief through guided activities and practices.  
**Mondays, 3:30-4:30pm**

## FAMILY ACTIVITIES

### Family Brunch & Bingo — Multiple Staff

Delicious brunch followed by a fun game of bingo!  
**Saturday, 2/1 @ 9-12pm**

### \*Family Dinner — Lise & Kristan

Join us for family dinner! This month: Shepard's Pie Boxes of free, fresh produce available through Growing Places! **(Please let us know of any dietary needs.)**  
**\*Registration Requested! Thursday, 2/13 @ 5-6pm**

### \*Cut Loose: Collaging with Michael Sjostedt — Kristan & Lise

Join us for a family-friendly collaging art class with local artist, Michael Sjostedt, where you'll create practical, handmade items for your home. This fun, hands-on workshop is for all ages!

**This Month: Spread the Love Note Cards!**

**\*Registration Requested! Thursday, 2/13 @ 6-7:30**

### Table Tennis Tournament — Multiple Staff

A fun, friendly competition where family members of all ages can play and enjoy time together! **Saturday, 2/15 @ 9-12pm**

### Make Your Own Slime — Kristan

Join us to create and customize your own stretchy, colorful slime! **Wednesday, 2/19 @ 2-4pm**

### Sensory Bin Exploration — Multiple Staff

Engage your senses by exploring different textures and materials in sensory bins! **Thursday, 2/20 @ 10-12pm**

### Family Lunch — Multiple Staff

Get together to enjoy food and connect with one another!  
**Friday, 2/21 @ 12-1pm**

### \*Family Bites: Nourishing Recipes for Every Home — Lise

Join us for an event focused on simple, affordable, and wholesome meals. You'll make a recipe during the event and take it home to enjoy! **Thursday, 2/27 @ 5:30-6:30**

### Winter Warm Up — Multiple Staff

Join us for cozy family time with fun activities, a hot cocoa bar, and delicious refreshments for a fun-filled winter event!

**Tuesday 2/18, @ 10-12pm**

**Thursday 2/20, @ 5-7pm**

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