

ALL PROGRAMS FREE FOR FAMILIES

# FEBRUARY 2026

The FRC is open  
Mon—Fri,  
9 a.m.—5 p.m.  
and on 2nd & 4th  
Saturdays  
9 a.m.—12 p.m.  
Call for details!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat *4-6 Parenting Journey in Recovery	*11-12 Book Club	*4-5 Kids Art & Game Group for Ages 9-12	*10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club	7
8	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens	*4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery	*11-12 Book Club 4-5 Art Hour: Valentine's Cards	*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner	*12-1 Lunch & Learn: Transition to Kindergarten Parts 1 & 2	*9-12 Valentine's Day Suncatcher Craft 14
15	CLOSED	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat *4-6 Parenting Journey in Recovery	*11-12 Book Club 3-4 Family Bingo Bonanza	10-11 Grab & Build Legos *4-5 Kids Art & Game Group for Ages 9-12	*10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club	21
22	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens	*4-5 Kids Art & Game Group for Ages 5-8 *4-6 Parenting Journey in Recovery	*11-12 Book Club 4-5 Art Hour: Free Choice	*9:30-11:30 Active Parenting *4-5 Kids Art & Game Group for Ages 9-12		*9-12 Dungeons & Dragons with Dad 28



**FRC Drop-In Visitors Are Always Welcome!**

But pre-registration is required for many groups.

Use the QR code to register. Or call **(978) 730-1275**.

# 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 1 week in advance with the CSO Outpatient 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. There's something for everyone and all skill levels are welcome! Come play, learn, and make new friends!  
**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**



**Gardner FRC**

205 School Street, Suite 302, Gardner  
978.730.1275

## 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 Required before January 20th! Tuesdays 4-6 pm**

**\*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 with confidence. This session offers real-life strategies for communication, discipline, and problem-solving to support healthy child development.

**\*Registration Required! Thursdays, beginning 2/26 9:30-11:30 am**

## FAMILY ACTIVITIES

**\*Family Dinner** — *Multiple Staff*  
For Family Dinner this month we will be having a favorite of ours, Pizza and Salad! We hope you can come and join us this month!

**(Please let us know if you have any allergies) Thursday 2/12 from 5-6 pm**

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

**\*Valentine's Day Suncatcher Craft** — *Summer & Kelley*  
To celebrate Valentine's Day we have some heart-shaped suncatcher kits that we will be putting together.

**Saturday 2/14 from 9 am to 12 pm**

**\*Dungeons & Dragons with Dad**— *Tammy & Connor*  
Our very first Dungeons & Dragons session! We hope that you'll be able to stop in and have your very own fantasy and roleplaying adventure!

**\*Saturday 2/28 from 9 am to 12 pm**

## LIFE SKILLS

**Exercise Hour** — *Tammy & Summer*  
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: Trust Your Gut as a Parent, When to Follow (or Question) Professional Advice** — *Summer*

Kindergarten is a big step! This Lunch & Learn features Peace at Home Parenting videos that share helpful insights and realistic strategies to support your child's transition to kindergarten, while building confidence and connection at home. Informational handouts on the topic will be provided.

**\*Registration is Required! Friday 2/13 from 12-1 pm**

## CAREGIVER SUPPORT

**Grandparents Raising Grandchildren** — *Cathy & Tammy*  
Support for Grandparents who provide primary care.  
**Every other Monday from 10-11 am (Hybrid)**

**Parent Chat** — *Multiple Staff*  
A time for parents to talk about the successes and challenges of raising children.  
**Every other Tuesday from 4-5 pm**

**\*Book Club** — *Kathy*  
Come discuss the book of the month and enjoy lunch!  
**Wednesdays 11am -12pm**

**Registration Required for Some Events**

Any event with an \* next to them

Contact Us to Reserve a Place!

**CSOINC.ORG**