

# ALL PROGRAMS FREE FOR FAMILIES

# JANUARY 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!



CLINICAL  
& SUPPORT  
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>FRC Drop-In Visitors Are Always Welcome!</b> But pre-registration is required for many groups. Use the QR code to register. Or call <b>(978) 730-1275</b> .			<b>CLOSED</b>		
4	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat	*11-12 Book Club	*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club	*9-12 Make Your Own Pinecone Bird Feeder
5	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens	*4-5 Kids Art & Game Group for Ages 5-8	*11-12 Book Club 4-5 Art Hour: Winter Craft Kit	*4-5 Kids Art & Game Group for Ages 9-12	*12-1 Lunch & Learn: Trust Your Gut as a Parent	10
11	12	13	14	15	16	17
18	<b>CLOSED</b>	*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	*9-12 PJ Movie Morning Lilo & Stitch
25	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	*4-5 Kids Art & Game Group for Ages 9-12		24
26	27	28	29	30	31	

# 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 OP 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**

## 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**

## 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! Tuesdays 4-6 pm, first session 1/20**

## FAMILY ACTIVITES

**\*Family Dinner — Multiple Staff**  
For family dinner this month we will be having Chicken Broccoli Alfredo with Ziti! We hope that you can stop by and join us!  
**(Please let us know if you have any allergies)**  
**Thursday 1/8 from 5-6 pm**  
**\*Call or email us to register in advance**

**\*Pinecone Bird Feeder — Connor & Kathy**  
Join us this Saturday as we work together to make our very own bird feeders using pinecones, seeds, peanut butter (or shortening) and some string  
**Saturday 1/10 from 9 am to 12 pm**

## \*Lilo & Stitch Movie — Tammy & Summer

Want to watch Lilo & Stitch with the fam? Join us at the FRC to watch it with the movie's biggest fan...Tammy! She'll be wearing some Stitch pajamas, feel free to come in whatever comfy clothes you'd like!

**\*Saturday 1/24 from 9 am to 12 pm**

## LIFE SKILLS

**Exercise Hour — Tammy & Summer**  
Follow along with pre-recorded videos for low impact exercises!  
**Mondays from 9-10 am**

**\*Lunch & Learn: Trust Your Gut as a Parent, When to Follow (or Question) Professional Advice — Summer**

In this recorded workshop, explore how to trust your parenting instincts while navigating input from professionals. Learn when to follow your gut, when advice may not fit your child's needs, and simple strategies to balance expert guidance with what you know about your child.

**\*Registration is Required! Friday 1/16 from 12-1 pm**



**Gardner FRC**  
205 School Street, Suite 302, Gardner  
**978.730.1275**

**CSOINC.ORG**

### Registration Required for Some Events

Please remember to sign up for any events with an \* next to them

*Contact Us to Reserve a Place!*