

ALL PROGRAMS FREE FOR FAMILIES

JULY 2025

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



CLINICAL
& SUPPORT
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! But pre-registration is required for events with *.		*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 1	10-11 Infant Toddler Story & Playtime *11-12 Book Club 4-5 Art Hour: Fireworks Painting 2	*4-5 Kids Art & Game Group for ages 9-12 3	Closed in observance of the 4th of July! Wishing you all a fun and safe holiday! 4	5
6	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 7	*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 5-6 Summer Survival Guide for Parents 8	*11-12 Book Club *3-4:30 Luau Party & Lei Making 9	*12-1 Family Lunch *1-2:30 Cut Loose: Collaging with Michael Sjostedt *4-5 Kids Art & Game Group for ages 9-12 10	12:30-2 Chess & Board Games Club 2-3:30 Tween Time 11	9-12 Dad's Day Out: Kiddo's and Corn Hole 12
13	9-10 Exercise Hour *4-5 Board Games & Social Skills For Teens 14	*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 15	10-11 Infant Toddler Story & Playtime *11-12 Book Club 4-5 Art Hour: Picnic Painting 16	*12-1:30 Active Parenting Children 5-12 Yrs *4-5 Kids Art & Game Group for ages 9-12 17	12:30-2 Chess & Board Games Club 2-3:30 Tween Time 18	19
20	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 21	*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 5-6 Family Finger Painting 22	*11-12 Book Club *3-4 Ice Cream Social 23	*12-1:30 Active Parenting Children 5-12 Yrs *4-5 Kids Art & Game Group for ages 9-12 24	12:30-2 Chess & Board Games Club 2-3:30 Tween Time 25	9-12 Trail Walk & Nature Scavenger Hunt at Perley Brook Reservoir 26
27	9-10 Exercise Hour *4-5 Board Games & Social Skills For Teens 28	*3-4 MY TURN Presentation *4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 29	10-11 Infant Toddler Story & Playtime *11-12 Book Club 4-5 Art Hour: Rock Painting 30	*12-1:30 Active Parenting Children 5-12 Yrs *4-5 Kids Art & Game Group for ages 9-12 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** ***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 and toddler age children.
Wednesdays 7/2, 7/16 & 7/30 from 10-11 am

Art Hour — *Multiple Staff*
Create and explore art through fun projects. All skill levels welcome! **Wednesdays 7/2, 7/16, 7/30 from 4-5 pm**

Tween Time — *Multiple Staff*
A fun and safe space for tweens to talk, share, and connect! Through games, group chats, and creative activities, participants build confidence, and explore new friendships. Perfect for ages 9–12 navigating the in-between years.
Fridays 3-4:30 pm

Chess & Board Game Club — *Multiple Staff*
Join us for fun, and friendly competition! Whether you're a chess master or just love classic board games, there's something for everyone. Open to all skill levels—come to play, learn, and make new friends!
Fridays 12:30-2 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** ***Every other Monday from 4-5 pm at CSO Outpatient Clinic**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy & Tammy*
Support for Grandparents who provide primary care. **Mondays 7/7 & 7/21 10-11 am**

Dad's Corner — *Tammy*
A forum where fathers can meet and talk about fatherhood. **Tuesdays 7/1, 15 & 29 from 5-6 pm**

Parent Chat — *Tammy*
A time for parents to talk about the successes and challenges of raising children. **Tuesdays 7/8 & 7/22 from 5-6 pm**

***Active Parenting Ages 5-12 Years** — *Kathy & Cathy*
A 6 week, comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who can resist negative peer pressure and thrive.
Thursdays starting 7/17 from 12-1:30 pm
Email Catherine.Phillips@csoinc.org for more info!

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

Life Skills

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

Summer Survival Guide for Parents — *Tammy*
Need some fresh ideas for navigating your child's free time over the summer? Join us for some tips and tricks! **Tuesday 7/8 from 5-6 pm**

FAMILY ACTIVITIES

***Luau & Lei Making Party** — *Multiple Staff*
Say "Aloha!" to summer with tropical vibes, music, and colorful lei making. Hawaiian shirts and grass skirts encouraged—let's party island-style! **Wednesday 7/9 from 3-4:30 pm**

Dad's Day Out: Kiddo's & Corn Hole *Cathy & Tammy*
Come hang out on the lawn with us playing corn hole and enjoying snacks! **Saturday 7/12 from 9 am—12 pm**

***Family Lunch** — *Multiple Staff*
Join us this month to enjoy breakfast for lunch! (Please let us know if you have any allergies)
Registration required* Thursday 7/10 from 12-1

***Cut Loose: Collaging with Michael Sjostedt**
Join us after family lunch for a fun all ages workshop! This month: Family Recipe Cards
***Registration Required* Thursday 7/10, 1-2:30**



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

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