

ALL PROGRAMS FREE FOR FAMILIES

JUNE 2026

The FRC is open
Mon–Fri,
 9 a.m.–5 p.m.
and on the 1st & 3rd
Saturdays
 9 a.m.–12 p.m.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 1	*4-5 Kids Art & Game Group for Ages 5-8 2	*11-12 Book Club *12:30-2:30 Nurturing Fathers 4-5 Art Hour: Free Choice 3	*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1 4	All Day Notary Day 5	*9-12 Dungeons & Dragons with Dad 6
7	9-10 Exercise Hour 8	*4-5 Kids Art & Game Group for Ages 5-8 9	*11-12 Book Club *12:30-2:30 Nurturing Fathers 10	*4-5 Kids Art & Game Group for Ages 9-12 4-5 Parent Chat *5-6 Family Dinner *5:30-7:30 Parenting Journey 1 11	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club 12	13
14	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 15	*4-5 Kids Art & Game Group for Ages 5-8 16	*11-12 Book Club *12:30-2:30 Nurturing Fathers 4-5 Art Hour: Fathers Day Card Craft 5-6:15 Dating Safety Presentation (Virtual) 17	*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1 18	*12-1 Lunch & Learn: Celebrate and Support Your Teen through End-of-Year Milestones! 19	*10-12 Fathers Day Brunch & Craft Morning 20
21	9-10 Exercise Hour 22	*4-5 Kids Art & Game Group for Ages 5-8 23	*11-12 Book Club *12:30-2:30 Nurturing Fathers 24	*4-5 Kids Art & Game Group for Ages 9-12 4-5 Parent Chat *5:30-7:30 Parenting Journey 1 25	10-11 Infant/Toddler Story & Playtime *12-2 End of School Party 26	27
28	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 29	*4-5 Kids Art & Game Group for Ages 5-8 30	 <p>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.</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—Kelley

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

FAMILY ACTIVITIES

*Family Dinner — Multiple Staff

This month we will be having a variety of finger sandwiches along with salad.

Thursday 6/11 from 5-6 pm

*Call or email us to register in advance!



Gardner FRC

205 School Street, Suite 302, Gardner
978.730.1275

*Father's Day Brunch & Craft Morning — Multiple Staff

Join us at the Gardner Family Resource Center for a fun-filled morning celebrating dads, grandfathers, and special caregivers! Families will enjoy a light brunch, hands-on crafts, and quality time together in a welcoming community space. Children can create personalized gifts and cards while enjoying games and activities for all ages. All families are welcome. Registration encouraged.

Saturday 6/20 from 10 am — 12pm

*Call or email us to register in advance

*End of School Party — Multiple Staff

Enjoy a visit from an ice cream truck, delicious pizza, and fun giveaways, including light-up jump ropes for the first 36 kids. Don't miss your chance to enter a raffle for a \$50 Gardner Cinemas gift card! We'll also offer quick surveys, and we hope you'll take a moment to share your feedback with us.

Friday 6/26 from 12-2 pm

*Call or email us to register in advance!

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. Child care available upon request.

Mondays from 9-10 am

*Lunch & Learn: Celebrate and Support Your Teen through End-of-Year Milestones! — Summer

The end of the school year is an exciting time for teens—filled with prom, graduation, summer jobs, and big transitions. But along with the joy can come challenges, risks and some big emotions. How can you join the celebration while also keeping your teen safe and supported?

*Registration is required! Friday 6/19, 12-1 pm

Lunch provided, and childcare upon request

All Day Notary Day — Meredith

Notaries help verify identities and witness signatures on documents for court, medical offices, schools, and other official purposes. Just walk in!

Friday 6/5, All Day

EDUCATION

*Nurturing Fathers — Cathy & Tammy

A 13-session, evidence-based curriculum that builds skills in emotional management, communication, problem-solving, and creating nurturing family environments.

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

*Parenting Journey 1 — Kelley & Summer

Parenting is one of the hardest jobs there is, but with the right support, it can also be deeply rewarding. Parenting Journey 1 is a 12-session hybrid program where parents and caregivers meet weekly for connection, hands-on activities, and meaningful conversations while sharing a meal.

*Registration Closed! Thursdays 5:30-7:30pm,
dinner provided, and childcare on request.

Dating Safety Presentation — District Attorney

Join this online presentation to learn more about keeping yourself and others safe as a parent, caregiver or teen navigating new relationships and dating.

Wednesday 6/17, 5-6:15 pm (virtual)

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — Cathy & Tammy

Support for Grandparents who provide primary care.
Every other Monday from 10-11 am (Hybrid)

*Book Club — Kathy

Come discuss the book of the month and enjoy lunch!
Wednesdays 11 am — 12 pm

End of School Party

Friday 6/26, from 12-2 pm

Bring the family!

Contact Us to Reserve your Place!

CSOINC.ORG