

ALL PROGRAMS FREE FOR FAMILIES

MARCH 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!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>← Take our survey to let us know how we're doing!</p> <p>Drop-Ins Welcome! (But pre-registration is requested for many groups.)</p> <p>Call Us: 978-730-1275</p>						<p>*9-12 Saturday Sleepover!</p> <p>1</p>
<p>2</p>	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 3:30-4:30 Mindful Monday *4-5 Board Games & Social Skills For Teens</p> <p>3</p>	<p>*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat</p> <p>4</p>	<p>*11-12 Book Club *11-1 Parenting Journey 3-5 Homework Club</p> <p>5</p>	<p>12-1 Substance Misuse VS Substance Use Disorder Presentation *4-5 Kids Art & Game Group for ages 9-12</p> <p>6</p>	<p>1-2 Walking Club</p> <p>7</p>	<p>8</p>
<p>9</p>	<p>9-10 Exercise Hour 10-11 Infant Toddler Story & Play time 3:30-4:30 Mindful Monday</p> <p>10</p>	<p>3:30-5:30 Leprechaun Scavenger Hunt *4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner</p> <p>11</p>	<p>*11-12 Book Club *11-1 Parenting Journey 4-5 Art Hour: St Patrick's Day Craft!</p> <p>12</p>	<p>*5-6 Family Dinner *6-7:30: Cut Loose: Collaging with Michael Sjostedt This Month: DIY Seed Packets!</p> <p>13</p>	<p>1-2 Walking Club</p> <p>14</p>	<p>*9-12 Dad's Day Out: Brunch Edition</p> <p>15</p>
<p>16</p>	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 3:30-4:30 Mindful Monday *4-5 Board Games & Social Skills For Teens</p> <p>17</p>	<p>*4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat</p> <p>18</p>	<p>*11-12 Book Club *11-1 Parenting Journey 3-5 Homework Club</p> <p>19</p>	<p>*4-5 Kids Art & Game Group for ages 9-12 5:30-6:30 Family Bites</p> <p>20</p>	<p>1-2 Walking Club</p> <p>21</p>	<p>22</p>
<p>23/30</p>	<p>9-10 Exercise Hour 10-11 Infant Toddler Story & Play time 3:30-4:30 Mindful Monday</p> <p>24/31</p>	<p>*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner</p> <p>25</p>	<p>*11-12 Book Club *11-1 Parenting Journey 4-5 Art Hour</p> <p>26</p>	<p>*4-5 Kids Art & Game Group for ages 9-12 *5-7 Nurturing Fathers</p> <p>27</p>	<p>1-2 Walking Club</p> <p>28</p>	<p>29</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, 3/10, 3/24 @ 10-11am**

Homework Club — Multiple Staff

A supportive environment for students and parents to complete their homework and receive help with assignments. **Wednesdays, 3/5, 3/19 @ 3-5pm**

Art Hour — Tammy & Kristan

Create and explore art through fun projects. All skill levels welcome! **Wednesdays, 3/12, 3/26 @ 4-5pm**

Board Games & Social Skills for Teens — Multiple Staff

Boost communication, teamwork, and problem-solving skills while having fun with friends in an engaging board game environment! ***Must register 1 week in advance***
Every other Monday @ 4-5pm at CSO Outpatient Clinic

*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 @ 4-5pm

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — Cathy

Support for Grandparents who provide primary care.
Mondays, 3/3, 3/17, 3/31 @ 10-11am



CLINICAL
& SUPPORT
OPTIONS

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

Dad's Corner — Tammy

A forum where fathers can meet and talk about fatherhood.
Tuesdays, 3/11, 3/25 @ 5-6pm

Parent Chat — Tammy

A time for parents to talk about the successes and challenges of raising children. **Tuesdays, 3/4, 3/18 @ 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 for the zoom link.
Wednesdays @ 11am

*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! Wednesdays @ 11-1pm

*Nurturing Fathers' — Tammy & Lise

Join us for this 12-week class that helps fathers build parenting skills, communication, and emotional growth in a supportive, nonjudgmental space. Light dinner provided and childcare available upon request. **Registration Required!**
Starting Thursday, 3/20 @ 5-7pm

LIFE SKILLS

Mindful Monday — Multiple Staff

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

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**

*Family Bites: Nourishing Recipes for Every Home

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, 3/20 @ 5:30-6:30**

Substance Misuse VS Substance Use Disorder Presentation — Cathy

The District Attorney's Office will discuss the science of addiction, substance misuse vs. substance use disorder, warning signs, and resources for families seeking help.

FAMILY ACTIVITIES

*Leprechaun Scavenger Hunt — Multiple Staff

Come help us find all the gold and magical treasures the sneaky leprechaun hid all over the FRC!
Tuesday, 3/11 @ 3:30-5:30pm

Saturday Sleepover — Multiple Staff

Kick off the weekend by coming to the FRC in your pajamas for a Saturday Sleepover, featuring morning cartoons, laughter, and a tasty breakfast to start the day right!
Saturday, 3/1 @ 9-12pm

*Family Dinner — Lise & Kristan

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

*Dad's Day Out: Brunch Edition — Multiple Staff

Celebrate fatherhood with food, fun activities, and quality time with your kids! **Saturday, 3/15 @ 9-12pm**

*Cut Loose: Collaging with Michael Sjostedt

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: DIY Seed Packets!

***Registration Requested!**

Thursday, 2/13 @ 6-7:30

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