

ALL PROGRAMS FREE FOR FAMILIES

OCTOBER 2026

The FRC is open
Mon–Fri,
9 a.m.–5 p.m.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FRC Drop-In Visitors Are Always Welcome! But pre-registration is required for groups with an * Use the QR code to register. Or call (978) 730-1275			*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 1	10-11 Infant/Toddler Story & Playtime 2	3
4	10-11 Families Moving Forward (virtual) *10:30-12:30 Nurturing Fathers *4-5 Board Games & Social Skills for Teens 5	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 6	*11-12 Book Club 4-5 Art Hour: Free Choice Painting 7	*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner 8	9	10 am - 5 pm Winchendon 10th Annual Fall Festival 10
11	CLOSED 12	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 13	*11-12 Book Club 14	*4-5 Kids Art & Game Group for Ages 9-12 15	10-11 Infant/Toddler Story & Playtime 16	17
18	10-11 Families Moving Forward (virtual) *10:30-12:30 Nurturing Fathers *4-5 Board Games & Social Skills for Teens 19	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 20	*11-12 Book Club 4-5 Art Hour: Haunted House Kits 21	10-1 National Grid Representative *4-5 Kids Art & Game Group for Ages 9-12 22	*12-1 Lunch & Learn: Stress and Trauma in Children — How to Help Your Child 23	9 am - 11am Healthy Harvest 5k & Community Resource Fair 24
25	10-11 Grandparents Raising Grandchildren *10:30-12:30 Nurturing Fathers 26	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 27	*11-12 Book Club 28	*4-5 Kids Art & Game Group for Ages 9-12 29	10-11 Infant/Toddler Story & Playtime 30	31

PROGRAM DESCRIPTIONS

FAMILY ACTIVITIES

*Family Dinner — Multiple Staff

For Family Dinner this month we will be having a roast beef dinner! Please stop by and bring the family for a meal and conversation!

Thursday 10/8 from 5-6 pm

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

Winchendon 10th Annual Fall Festival — Multiple Staff

The Family Resource Center will be attending the Winchendon Fall Festival and sharing information about our upcoming events and services. Join us and enjoy the festival with us. There will be food trucks, live music, and more!

Saturday 10/10 from 10 am - 5 pm

Healthy Harvest 5k & Community Resource Fair — Multiple Staff

The Family Resource Center will be tabling at the Healthy Harvest 5k and resource fair. We hope you'll stop by to show your support! The event will be held at Heywood Hospital in Gardner.

Saturday 10/24 from 9 am - 11 am

YOUTH SUPPORT

Art Hour — Multiple Staff

Create and explore art through fun projects. All ages & skill levels welcome!

Every other Wednesday from 4-5 pm

*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**



Gardner FRC

205 School Street, Suite 302, Gardner

978.730.1275

*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**

EDUCATION

*Active Parenting of Teens — Connor & Tammy

Active Parenting of Teens is a six-session video and discussion program designed to help parents navigate the challenges of raising teens with confidence. The series offers practical strategies for fostering responsibility, independence, and stronger family relationships. Participants will learn respectful discipline techniques, effective communication skills, and ways to help prevent risky behaviors.

***Thursdays 9:30-11:30 am (Hybrid)
Registration Closed!**

*Nurturing Fathers — Connor & Tammy

A 13-session, evidence-based curriculum teaching critical skills and proven strategies for managing feelings, communicating, problem-solving, and creating a nurturing environment. With a focus on the unique role of fathers.

***Mondays 10:30 am-12:30 pm (Hybrid)
Registration Closed!**

*AP 4th edition — Cathy & Meredith

Over the length of the course you will learn about seven strategies for school success, positive discipline, and communication techniques to help keep your family running smoothly. There will be videos, discussions, and guidance from your facilitators to help you get the most from this learning experience over the course of six weeks.

***Tuesdays 9:30-11:30 am (Hybrid)
*Registration Closed!**

CAREGIVER SUPPORT

National Grid Representative — Multiple Staff

If you have any questions or concerns regarding your bill through National Grid please stop in to meet with a representative. Light snacks and refreshments will be provided.

Thursday 10/22 from 10 am-1 pm

Grandparents Raising Grandchildren — Cathy & Tammy

Support for Grandparents who provide primary care.

Every other Monday from 10-11 am

*Book Club — Kathy

Come discuss the book of the month and enjoy lunch!

Wednesdays 11 am — 12 pm

***Registration is required in advance!**

*Families Moving Forward — Cathy

Families don't have to face challenging times alone. Families Moving Forward is a welcoming support group for parents, caregivers, and family members who are navigating difficult circumstances, transitions, or changes within their families.

Every other Monday from 10-11 am

LIFE SKILLS

*Lunch & Learn: Stress and Trauma in Children — How to Help Your Child — Summer

Watch or listen to this warm and engaging conversation about how to recognize signs of distress in your child and respond in ways that help them feel safe, connected, and resilient. You'll gain practical strategies to support your child's emotional well-being and create a sense of security at home. You're not alone—let's navigate this together!

***Registration is required! Friday 10/23, 12-1 pm**

CLOSED ON MONDAY 10/12

IF INTERESTED IN ANY ACTIVITIES MARKED BY AN

*** PLEASE CONTACT US TO RESERVE YOUR PLACE**

Email Connor.Collins@csoinc.org

CSOINC.ORG