

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9 a.m.–5 p.m.
and on the 2nd & 4th
Saturdays
10 a.m.–12 p.m.



SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Registration Required for Activities Marked with an *		*4-5 Kids Art & Game Group for Ages 5-8 1	*11-12 Book Club 2	*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 3	10-11 Infant/Toddler Story & Playtime 4-5 Chess Club 4	5
6	CLOSED 7	*4-5 Kids Art & Game Group for Ages 5-8 8	*11-12 Book Club 4-5 Art Hour 9	*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner 10	*12-1 Lunch & Learn: When School Feels Hard— Finding the Calm in the Storm 11	*10-12 Fall Apple Fun 12
13	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren 14	*4-5 Kids Art & Game Group for Ages 5-8 15	*11-12 Book Club 16	CLOSED 17	10-11 Infant/Toddler Story & Playtime 4-5 Chess Club 18	19
20	9-10 Exercise Hour *10:30-12:30 Nurturing Fathers *4-5 Board Games & Social Skills for Teens 21	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 22	*11-12 Book Club 4-5 Art Hour 23	*9:30-11:30 Active Parenting of Teens *4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Family Advisory Board Dinner 24	*2-4 Apple Picking at Red Apple Farm 25	*10-12 Dungeons & Dragons with Dad 26
27	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren *10:30-12:30 Nurturing Fathers 28	*9:30-11:30 Active Parenting 4th Edition *4-5 Kids Art & Game Group for Ages 5-8 29	*11-12 Book Club 30	 Drop-In Visitors Welcome! Pre-registration required for some groups. Use QR code to register. Or call (978) 730-1275.		

PROGRAM DESCRIPTIONS

FAMILY ACTIVITIES

*Family Dinner — Multiple Staff

This month we will be having meatball parm with breadsticks!

Thursday 9/10 from 5-6 pm

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

*Fall Apple Fun — Kelley & Meredith

Join us for a fun morning of making and decorating your very own caramel apples. All supplies will be provided!

Saturday 9/12, 10 am-12 pm

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

*Family Advisory Board Dinner — Multiple Staff

Families are invited to enjoy a complimentary dinner while sharing their thoughts and ideas with Gardner FRC staff. We'd love to hear what programs, services, and activities you enjoy, as well as your suggestions for new offerings and ways we can better support our families.

Thursday 9/24 from 5:30-7:30 pm

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

*Dungeons & Dragons with Dad — Connor & Tammy

After a bit of a hiatus from our calendar Dungeons & Dragons returns! If you've been before, or want to come for the first time, please reach out and reserve your spot at the table!

Saturday 9/26 from 10 am-12 pm

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

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



CLINICAL
& SUPPORT
OPTIONS

Gardner FRC

205 School Street, Suite 302, Gardner

978.730.1275

*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**

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**

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.

Begins Monday 9/21, 10:30 am-12:30 pm (Hybrid)

***Registration is required in advance!**

*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.

Begins Tuesday 9/22, 9:30-11:30 am (Hybrid)

***Registration is required in advance!**

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

***Registration is required in advance!**

LIFE SKILLS

Exercise Hour — Tammy

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: When School Feels Hard—Finding the Calm in the Storm — Summer

When your child is struggling at school, it can feel overwhelming at home. You're not alone, and you're not doing anything wrong. Ruth and Erica will discuss why school feels hard for some children and what actually helps.

***Registration is required! Friday 9/11, 12-1 pm**

APPLE PICKING AT RED APPLE FARM

FRIDAY 9/25 2-4 PM

Bring the family and pick some apples, on us!

Contact Us to Reserve a Place!

CSOINC.ORG