



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Real Talk Wednesdays 3:30 - 5:30pm Active Parenting 0-5 12:30 - 2:30 pm	2 Coffee, Cookies & Conversation 11:30AM - 12:30pm	3 "Keep the Lights On: Utility Help After the Winter Moratorium" 9am-12pm	4
5 	6 Family Movie Night 4:30 - 6pm	7 Nurturing Fathers 1:00-3:00pm	8 Real Talk Wednesdays 3:30 - 5:30pm Active Parenting 0-5 12:30 - 2:30 pm	9 Coffee, Cookies & Conversation 11:30AM - 12:30pm	10 National Grid at FRC 9am - 12pm WCAC at FRC The Parent Perk 9am-12pm Coffee Hour 10AM	11 Earth Day Activity: DIY Bird Feeders!
12	13 Mama Bear Lounge 4:30 - 5:30pm	14 Nurturing Fathers 1:00-3:00pm	15 Active Parenting 0-5 12:30 - 2:30 pm Real Talk Wednesdays 3:30 - 5:30pm	16	17 NO WCAC at FRC 9am-12pm The Parent Perk Coffee Hour 10AM	18
19	20	21 Nurturing Fathers 1:00-3:00pm	22 Active Parenting 0-5 12:30 - 2:30 pm Real Talk Wednesdays 3:30 - 5:30pm 	23	24 WCAC at FRC 9am-12pm The Parent Perk Coffee Hour 10AM	25 FRC Open Hours 10:00am - 12:00pm
26	27 Mama Bear Lounge 10:30am - 11:30am Fatherhood Table 4:00 - 5:00 pm	28 Nurturing Fathers 1:00-3:00pm	29	30		



Walk-ins
Welcome!

April

Scan the QR code to view bus routes and transportation options in your area



Support Groups

Coffee, cookies and conversation (GRG)

Support group for grandparents raising grandchildren and other kinship caregivers. A group for socializing and supporting each other.

Drop-ins welcome. Coffee and cookies provided

*Upcoming Dates:

March 5th & 12th: 11:30am - 12:30pm



The Fatherhood Table

Monthly get-together for male caregivers to connect, share their stories, learn about resources, and enjoy a meal together. Drop-ins welcome.

Mama Bear Lounge:

Empowering moms through shared experiences

Motherhood is beautiful, but it's not always easy—and you don't have to face it alone. Mama Bear Lounge is your cozy, judgment-free space to connect with other moms, and share your stories. Snacks & refreshments provided.

This group is designed as a safe and supportive space for moms only. We kindly ask that children do not attend.

*Upcoming dates:

April 13th: 4:30 - 5:30pm

April 27th: 10:30am - 11:30am



Essentials of Parenting:

Friday, April 10th at 10:00 AM

Join us for a joyful and interactive session! This monthly workshop will explore simple, meaningful ways to strengthen family routines, support your child's developmental milestones (tailored to the ages of participants' children)

Create fun memories through games and activity ideas you can try at home!

The Parent Perk Coffee Hour

Every Friday at 10:00 AM - For parents ages 25 and under

Start your Friday with a warm cup of coffee, good vibes, and great company! The Parent Perk Coffee Hour is a relaxed weekly meetup designed just for young parents. Come connect with others your age, share experiences, swap ideas, and take a well-deserved break in a welcoming, judgment-free space. Whether you're looking for support, laughter, or just a quiet moment with your coffee—you'll find it here.



Parenting Education

Nurturing Fathers Program

An evidence-based parenting class designed to help fathers build strong parenting skills, improve communication, and support healthy child development. Join other dads in a supportive group setting to learn practical tools that strengthen family relationships.

Every Tuesday from March 17th - June 9th

Active Parenting 0-5

A 4 week Evidence-based parenting skills group for caregivers of children ages birth to 5yo.

Session Dates:

Every Wednesday: April 1st, 8th, 15th & 22nd

Time: - 12:30- 2:30pm

Youth Activities

Real Talk Wednesdays

Looking for a space where you can just be yourself? Join us for Real Talk Wednesdays—a safe, informal hangout for youth in middle school and early high school (ages 12-15). Come connect, share, and talk about what matters. No pressure, no judgment—just real conversations, good vibes, and a chance to make new friends!

April's theme is: Diversity

April 1st: "Elemental" (PG)

April 8th: Categories!

April 15th: "Real Life or Movie Drama?"

April 22nd: Element Charades

April 29th: Element Science Mini Charades

**Parent/guardian must sign consent and emergency contact forms at first drop-off.
Call 508-519-3590 to learn more.*

Parent/ Child Activities



Family Movie Night:



Featuring: Cloudy with a chance of Meatballs(G)
Join us for a free family movie night featuring a colorful animated adventure about Sam Greenfield, the unluckiest girl in the world. This fun, heartwarming film is perfect for all ages and celebrates resilience, friendship, and a little bit of magic. Enjoy a family-friendly film, complimentary refreshments, and create cherished memories with your loved ones.

Where: Family Resource Center

When: April 6th from 4:30-6:00pm



Workshops

From "Hey" To "Hired!"

Ready to take the next step in your career journey? Join the Family Resource Center for an empowering workshop designed to help you shine on paper and in person!

Whether you're updating your resume, preparing for interviews, or just starting your job search, this session will give you the tools and confidence to present your best self.

Please call 508-519-3590 or email erosario@sevenhills.org to sign-up.
Date: April 20th 2026

Time: 2:00pm - 4:00pm

Special Guests To be announced!!

Nature Nurturers: DIY Bird Feeders

Join us for a fun Earth Day craft where families will create their own bird feeders using eco-friendly materials. This hands-on activity is perfect for kids and adults who want to help our feathered friends and celebrate nature together.

Happening Saturday, April 11th from 10:00am-12:00pm.

SOUTHBRIDGE FAMILY RESOURCE CENTER
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SouthbridgeFRC