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# FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 <b>Family Game Night</b> 4:30 - 6pm	3	4 <b>Real Talk Wednesdays</b> 3:30 - 5:30pm	5 <b>Coffee, Cookies &amp; Conversation</b> 11:30AM - 12:30pm	6 <b>WCAC at FRC</b> 9am-12pm <b>National Grid</b> at FRC 9am - 12pm	7 <b>"Bottle of Love" - Valentine's Day Craft</b> 10:00am - 12:00pm
8	9 <b>Mama Bear Lounge</b> 4:30 - 5:30pm	10 <b>Parent Academy - Hosted by Southbridge Public School</b> 3:30 - 6pm	11 <b>Real Talk Wednesdays</b> 3:30 - 5:30pm	12 <b>Coffee, Cookies &amp; Conversation</b> 11:30AM - 12:30pm	13 <b>WCAC at FRC</b> 9am-12pm <b>National Grid</b> at FRC 9am - 12pm	14 <b>HAPPY VALENTINE'S DAY</b> 
15	16 <b>FRC CLOSED</b> in observance of President's Day	17 <b>Building Blocks To Better Credit</b> 1:00pm - 2:00pm	18 <b>Real Talk Wednesdays</b> 3:30 - 5:30pm	19	20 <b>WCAC at FRC</b> 9am-12pm <b>National Grid</b> at FRC 9am - 12pm	21 <b>FRC Open Hours</b> 10:00am - 12:00pm
22	23 <b>Mama Bear Lounge</b> 10:30am - 11:30am <b>Fatherhood Table</b> 4:00 - 5:00 pm	24	26 <b>Real Talk Wednesdays</b> 3:30 - 5:30pm	27	28 <b>WCAC at FRC</b> 9am-12pm <b>National Grid</b> at FRC 9am - 12pm	



5 Optical Drive, Southbridge MA 01550  
Phone: 508-519-3590



**Open for Appointments & Walk-Ins:**  
Mon., Tues., Wed. 9am - 6pm, Thurs. and Fri., 9 am - 4 pm  
Last Saturday of each month, 10 am - 12 pm



# FEBRUARY

## 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:

**February 5<sup>th</sup> & 12<sup>th</sup>:** 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.**

### Essentials of Parenting

Join us in a supportive and uplifting space where we focus on building confidence and embracing the best version of ourselves. Together, we will:

- ❖ Promote self-esteem and positive self-talk
- ❖ Reflect on personal strengths and values
- ❖ Explore why self-love matters for mental health and relationships

**Let's celebrate our worth & learn how to love ourselves fully!**

**Date:** February 13<sup>th</sup> at 10:00am

**Location:** Southbridge FRC

**Call/text:** Diana at 508-827-9921 or

Julie 508-962-1427 to sign-up.



### 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:

**January 12<sup>th</sup>:** 4:30 - 5:30pm

**January 26<sup>th</sup>:** 10:30am - 11:30am



## Parenting Education

### Parenting Journey

Join other parents & caregivers for this 12-week group focusing on the challenges and the joys of your parenthood journey.

Please call to register for group

**Meets Mondays from 2:00-4:00 pm.**

### Nurturing Fathers

Connect with other dads and learn new skills to support your kids' wellbeing, safety and self-esteem.

**When:** Every Tuesday, 1:00 - 3:00pm

**Duration:** March 17<sup>th</sup> - June 9<sup>th</sup>

**Please Register by FEB. 27th**

### 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!

**February's theme is: Healthy Relationships**

**February 4th:** "A Cinderella Story" (PG)

**February 11th:** Friendship Bracelets

**February 18th:** "Real OR Risky"

**February 25th:** "Fishing" For Your Future

*\*Parent/guardian must sign consent and emergency contact forms at first drop-off.*

**Call 508-519-3590 to learn more.**

## Parent/ Child Activities



### Family Game Night:

Ready to roll the dice, flip some cards, and laugh until your cheeks hurt? Join us for an evening of friendly competition, epic wins, and maybe a few dramatic losses (all in good fun!). Whether you're a board game pro or just in it for the snacks and good company, this night is for YOU!

📍 **Where:** Family Resource Center

🕒 **When:** Monday Feb. 2<sup>nd</sup> 4:30-6:00pm



### "Bottle of Love" - Craft

Celebrate the season of **love** with a creative twist! Join us to make your very own sensory jar filled with sparkle, color, and heartfelt charm. These "Bottles of Love" are soothing, beautiful, and perfect for gifting or keeping as a reminder of joy and calm. All materials provided—just bring your imagination and let love shine in a jar!



**Call to RSVP!**

📍 **Where:** Family Resource Center

🕒 **When:** Saturday Feb. 7<sup>th</sup> from 10:00am - 12:00pm

### Workshops

#### Building Blocks to Better Credit

**"Lay the Foundation for Financial Freedom."**

Join us for an informative info-session where you'll learn practical strategies to build and improve your credit.

🕒 **When:** Feb. 17<sup>th</sup> from 1:00-2:00pm



**Facebook.com/  
SouthbridgeFRC**