



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

June



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 Click on any event to learn more!	1 Family Movie Night 4:00 - 5:30pm	2	3 Real Talk Wednesdays 3:30 - 5:30pm at Henry St Park	4	5 WCAC at FRC 9am-12pm The Parent Perk Coffee Hour 10AM	6
7	8 Caregiver's Kickback (in place of Mama Bear Lounge), 4:30 - 6:00pm at Henry St Park 	9	10 Real Talk Wednesdays 3:30 - 5:30pm	11	12 WCAC at FRC 9am-12pm GRG cookout at Westville! 3:30PM - 5:30pm Essentials of Parenting 10:00 - 11:00am	13
14	15	16	17 Real Talk Wednesdays 3:30 - 5:30pm	18	19 JUNE TEENTH  FRC Closed	20
21 Happy Father's Day 	22	23	24 Real Talk Wednesdays 3:30 - 5:30pm	25 Sunny Days & Safe Ways - Summer Safety Workshop 10:00am - 11:00am Sunshine Pals Play group @ FRC 10:30am - 11:30am	26 National Grid at FRC 9am - 12pm WCAC at FRC 9am-12pm	27 Family Fun Day at the common!
28	29 Fatherhood Table 4:00 - 5:00 pm	30 Sunshine Pals Play group @ Jacob Edwards Library 10:30am - 12:30pm				

5 Optical Drive 1st Floor, Southbridge MA 01550
Phone: 508-519-3590

Open for Appointments & Walk-Ins:

Mon., Tues., Wed. 9am - 6pm, Thurs. and Fri., 9am - 4pm
Last Saturday of each month, 10 am - 12 pm




Walk-ins
Welcome!



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

Support Groups

 **Grandparents Raising Grandkids - Cookout at Westville!**
Support group for grandparents raising grandchildren and other kinship caregivers. A group for socializing and supporting each other. Drop-ins welcome.

Pack a blanket and come hang out. Join us for games and food.
Serving Hamburgers and hot dogs!



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.

Caregivers Kickback (in place of Mama Bear Lounge):

Parenting is a journey filled with love, growth, and challenges —and support makes all the difference. We invite you to join us for a free community event, where parents can connect, share stories, and uplift one another.

Food and Craft supplies provided

*Date & Location:

Henry St Park - 63-99 Henry St, Southbridge, MA 01550

*If weather does not permit, this event will move inside, to The Family Resource Center - 5 Optical Drive, 1st floor.

Essentials of Parenting:

Friday, June 12th 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

Registration closed:
Call to ask about future classes.

Parenting Journey

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

Meets Tuesdays from 12 pm - 1:30 pm.

Starts May 19 2026!

Active Parenting of Teens

May 29th - July 3rd 11am - 1pm

A supportive program for parents and caregivers to build stronger relationships with their teens. Learn effective communication, set healthy boundaries, and guide your teen toward responsible decision-making—all while creating a positive and respectful home environment.

Youth Activities

Sunshine Pals Playgroup

Come join Miss Sue in a group where giggles grow and friendships shine! ☀️ Designed for curious little explorers and their caregivers, Sunshine Pals blends playful learning with warm connection.

Upcoming Dates:

June 25th - Theme: Farm Location: Family Resource Center

June 30th - Theme: Farm Location: Children's Room at the Library

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!

June's theme is: The Great Outdoors

June 3rd : "The Parent Trap" (PG)

June 10th: Camp Games

June 17th : Campfire Stories

June 24th: Card Games

**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:



Dads, this one's for you! Join us for a free, special Family Movie Night featuring **A Goofy Movie**—a fun, heartfelt story about a dad doing his best to connect with his growing child. Laugh, relax, and enjoy a meaningful night that celebrates the ups and downs of fatherhood, perfectly timed for Father's Day in June. Bring your kids, make memories, and share a movie that reminds us that showing up matters most.

📍 **Where:** Family Resource Center

🕒 **When:** May 4th from 4:00-6:00pm

Dinner served from 4:00-4:30pm, snacks provided

Please let staff know about any allergies.

Walk-ins welcome, registration encouraged.



Workshops



Sunny Days & Safe Ways

Workshop for parents and caregivers about summer safety – in the sun, around water, on vacation or at home! Kids are welcome to join for a fun hands-on activity.

Walk-ins welcome; Registration encouraged



Facebook.com/
southbridgeFRC

SOUTHBRIDGE FAMILY RESOURCE CENTER
5 Optical Drive 1st Floor, Southbridge MA 01550 | Phone: 508-519-3590, option 1