



OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Click on any event to learn more!				1 (GRG) Grandparents Raising Kin Social Group 11:30am - 12:30pm	2 The Parent Hangout 10am-11am	3 Fall Family Activity 10:am - 12pm
4	5 Nurturing Fathers: 10AM-12PM Family Movie Night 4:00pm-6:00pm	6 Parenting Journey (Spanish) 12pm-2pm	7 Real Talk Wednesdays 3:30 - 5:30pm	8 (GRG) Grandparents Raising Kin Social Group 11:30am - 12:30pm WCAC Community Resource Fair 11am - 1pm	9 The Parent Hangout 10am-11am Webster Fall Festival of Kindness Fair 4pm - 6pm	10
11	12 Nurturing Fathers: 10AM-12PM Mama Bear Lounge (Virtual) 10:30am-11:30am	13 Parenting Journey (Spanish) 12pm-2pm Special Education Workshop 4pm-6pm	14 Real Talk Wednesdays 3:30 - 5:30pm	15	16 The Parent Hangout 10am-11am HEAP Application Workshop 9:30am-12:00pm	17 Father's Bowling Night 11:00am-2:00pm
18	19 Nurturing Fathers: 10AM-12PM	20 Parenting Journey (Spanish) 12pm-2pm	21 Real Talk Wednesdays 3:30 - 5:30pm	22	23 WCAC at SFRC 9am-12pm The Parent Hangout 10am-11am UMass Harrington Hospital TRUNK or Treat 4pm to 6pm	24
25	26 Nurturing Fathers: 10AM-12PM Red Ribbon/Substance Abuse Council 10:30am-1:30pm Mama Bear Lounge 4:30pm-5:30pm The Fatherhood Table 4:00pm-5:00pm	27 Parenting Journey (Spanish) 12pm-2pm	28 Real Talk Wednesdays 3:30 - 5:30pm	29	30 WCAC at SFRC 9am-12pm The Parent Hangout 10am-11am	31 Southbridge Trick or Treat 5:30 PM - 7:30 PM

5 Optical Drive 1st Floor, Southbridge MA 01550

Phone: 508-519-3590

Open for Appointments & Walk-Ins:

Mon. - Wed.: 8:30am - 6pm,

Thurs. and Fri.: 8:30am - 4 pm

Last Saturday of each month: 10 am - 12 pm



Walk-ins
Welcome!

Support Groups

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

Come as you are mama and join us for a safe space to be yourself and connect with other mamas! **Food and Craft supplies provided.**



The Parent Hangout Every Friday at 10 AM

For parents ages 25 and under

Come hang out with other young parents for a relaxed, low-key time to chat, laugh, connect, and make some new friends.

RSVP: Call/Text Diana at 508-827-9921
5 Optical Drive, Southbridge, MA



OCTOBER

Parenting Education

Active Parenting of Pre-Teens & Teens:
Register by Friday, October 23rd. Class will be hybrid starting November 3rd from 11am-1pm.



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!

October's Theme: From Books to Big Screens

October 7th: "Harry Potter and the Sorcerer's Stone" (PG)

October 14th: Olivander's Wand making

October 21st: Wizarding Games

October 28th: Magical Mash and Muggle Madd Libs



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

Parent/ Child Activities



Join our monthly email list!

Family Movie Night

No need to power Monstropolis with screams, we'll be running on laughs! Join us for a Monsters, Inc. Family Movie Night packed with fang-tastic fun, yummy snacks, and memories that are anything but scary!

Where: Family Resource Center

When: Monday, Oct. 5th from 4:00pm-6:00pm

Free snacks provided Please let staff know about any allergies.



Harrington Hospital Trunk or Treat

Free Community event, rain or shine, with decorated trunks, candy, and family friendly activities.

Costumes are encouraged!

Where: Harrington Hospital, 100 South Street, Southbridge, MA

When: Friday October 24, 2026 from 4:00pm to 6:00pm

Fall Family Craft

Join us for a free fall craft event where we'll create beautiful seasonal wreaths together. Snacks and drinks will be provided, so come enjoy a relaxing afternoon of creativity, conversation, and autumn fun!

Where: Southbridge Family Resource Center

When: Saturday, Oct. 3rd from 10am-12PM

Free snacks are provided, please let staff know about any allergies



Workshops

Special Education Workshop Feat. HLA

Join us virtually to learn about the IEP eligibility process, how to request a district funded independent evaluation and additional training to further your special education knowledge.

Where: Virtually

When: Tuesday October 13th, 2026 from 4:00pm to 6:00pm

Please scan the QR code to register for the Workshop and receive the Zoom link.

HEAP Application Workshop Feat. WCAC

Come and join us virtually or in-person for a collaborative informative workshop regarding HEAP application for the up and coming winter months.

Where: Southbridge Family Resource Center **OR** virtually through ZOOM.

When: October 16th, 2026

9:30am-10:30am: Info Session

10:30am-12:00pm: *HEAP Application assistance

*If planning on coming for the HEAP Application assistance please have an active email address before attending.

SOUTHBIDGE FAMILY RESOURCE CENTER

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