



# September

| SUNDAY                                   | MONDAY                                                                                                                                                                                                               | TUESDAY                                                                                                                                                  | WEDNESDAY                                          | THURSDAY                                                                                                            | FRIDAY                                                                                                                                               | SATURDAY                                     |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <p>Click on any event to learn more!</p> |                                                                                                                                                                                                                      | 1                                                                                                                                                        | 2                                                  | 3<br>(GRG) Grandparents Raising Kin Social Group<br>11:30am - 12:30pm<br><b>Active Parenting 0-5:</b><br>10AM-12PM  | 4<br><b>Squeeze the Day:</b><br>10AM-11AM                                                                                                            | 5                                            |
| 6                                        | 7<br><b>Family Movie Night</b><br>4:00 - 6:00pm<br>                                                                                 | 8<br><b>Parenting Journey (Spanish)</b><br>2PM-4PM:                                                                                                      | 9<br><b>Real Talk Wednesdays</b><br>3:30 - 5:30pm  | 10<br>(GRG) Grandparents Raising Kin Social Group<br>11:30am - 12:30pm<br><b>Active Parenting 0-5:</b><br>10AM-12PM | 11<br><b>WCAC at FRC</b><br>9am-12pm<br><b>Squeeze the Day:</b><br>10AM-11Am<br><b>Heritage &amp; Hope Resource Fair @ Henry St. Park</b><br>4PM-6PM | 12                                           |
| 13                                       | 14<br><b>Mama Bear Lounge</b><br><b>Virtual</b> 10:30 - 11:30am<br><b>First Day of Nurturing Fathers:</b> 10AM-12PM                                                                                                  | 15<br><b>Parenting Journey (Spanish)</b><br>2PM-4PM:                                                                                                     | 16<br><b>Real Talk Wednesdays</b><br>3:30 - 5:30pm | 17<br><b>Active Parenting 0-5:</b><br>10AM-12PM                                                                     | 18<br><b>WCAC at FRC</b><br>9am-12pm<br><b>Squeeze the Day:</b><br>10AM-11Am                                                                         | 19                                           |
| 20                                       | 21<br><b>Nurturing Fathers:</b><br>10AM-12PM                                                                                                                                                                         | 22<br><b>Hello Autumn</b><br><b>Parenting Journey (Spanish)</b><br>2PM-4PM:<br><b>Car Safety</b><br><b>informational training</b><br>11:30 AM - 12:30 PM | 23<br><b>Real Talk Wednesdays</b><br>3:30 - 5:30pm | 24<br><b>Active Parenting 0-5:</b><br>10AM-12PM                                                                     | 25<br><b>WCAC at FRC</b><br>9am-12pm<br><b>National Grid at FRC</b><br>9am - 12pm<br><b>Squeeze the Day:</b><br>10AM-11AM                            | 26<br><b>Open Hours</b><br>10:00am - 12:00pm |
| 27                                       | 28<br><b>Fatherhood Table</b><br>4:00 - 5:00 pm<br><b>Mama Bear Lounge</b><br>4:30 - 5:30pm<br><b>First Time Home Buyer Workshop ft. Cornerstone Bank</b><br>4:30pm-5:30pm<br><b>Nurturing Fathers:</b><br>10AM-12PM | 29<br><b>Parenting Journey (Spanish)</b><br>2PM-4PM:                                                                                                     | 30<br><b>Real Talk Wednesdays</b><br>3:30 - 5:30pm |                                                                                                                     |                                                                                                                                                      |                                              |

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!



# September



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

## 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.**



### Squeeze the Day Every Friday at 10:00 AM

**For parents ages 25 and under.**

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.

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

## Parenting Education

**Active Parenting 0-5** - September 3<sup>rd</sup> - September 24<sup>th</sup>  
from 10AM-12PM

**Nurturing Fathers:** September 14<sup>th</sup> - December 1<sup>st</sup>  
from 10AM-12PM

**Parenting Journey (Spanish):** September 8<sup>th</sup> - December 1<sup>st</sup>  
from 2PM-4PM

## 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!

### September's Theme: New Adventure!

**September 9th: "Journey to the Center of the Earth" (PG)**

**September 16th: Make your Own Dirt Cups**

**September 23rd: The Floor is Lava**

**September 30th: Pearler Beads**



*\*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: Finding Nemo



Join us for a fun-filled Movie Night featuring Finding Nemo! Follow Nemo's incredible underwater adventure as he explores the vast ocean, makes unforgettable friends, and discovers the importance of courage, family, and never giving up. Dive into the excitement, laugh along with Dory, and journey across the sea with Marlin in this heartwarming Disney-Pixar classic.

Join us for an ocean of fun, friendship, and adventure! 🐠🌊

**"Just keep swimming!"** 🐬💙

**Where:** Family Resource Center

**When:** September 7<sup>th</sup> 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.**



### Southbridge CCC

### "Heritage & Hope Resource Fair"



Join the SCC on **Friday, September 11<sup>th</sup>, 2026**  
**from 4PM-6PM** for a community resource fair at Henry Street Park. Let's celebrate Hispanic heritage together with resources, music, free food, activities, and a raffle!

## Workshops

### Car Safety informational training

**September 22nd 11:30 AM - 12:30 PM**

### First Time Home Buyers workshop ft. Cornerstone Bank

**September 28<sup>th</sup> 4:30pm-5:30pm**



FOLLOW US

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

