

# ALL PROGRAMS FREE FOR FAMILIES

# APRIL 2024

The FRC is open  
 Mon–Fri,  
 9 a.m.–5 p.m.  
 and on 2nd & 4th  
 Saturdays  
 9 a.m.–12 p.m.



CLINICAL  
 & SUPPORT  
 OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-11 Infant/Toddler Storytime 10-11 Grandparents Raising Grandchildren Support Group <b>1</b>	*10-1 National Grid 3:30-4:30 Color By Number 4-5:30 Active Parenting: 5-12 Years 4-5 Ladies Chat <b>2</b>	*11-12 Book Club 4:30-5:30 Young Parent Meet & Greet <b>3</b>	10-11:30 Active Parenting: Birth-5 5:30-6:30 Chess Club <b>4</b>	9:30-11 Dad & Me <b>5</b>	9-12 Basic Needs Drop In Hours <b>6</b>
<b>7</b>	9:30-11 Infant/Toddler Storytime 3-4 Coffee & Chat <b>8</b>	3:30-4:30 Color By Number 4-5:30 Active Parenting: 5-12 Years <b>9</b>	*11-12 Book Club 4:30-5:30 STEAM: Sunflower Seed Planting <b>10</b>	10-11:30 Active Parenting: Birth-5 *5-6 Family Dinner <b>11</b>	10-11 Kinship Support Group <b>12</b>	<b>13</b>
<b>14</b>	CLOSED IN OBSERVANCE OF PATRIOTS DAY <b>15</b>	*10:30-11:30 Family Brunch 3:30-4:30 Color By Number 4-5 Ladies Chat 4-5:30 Active Parenting: 5-12 Years <b>16</b>	*11-12 Book Club 12:30-1:30 Picnic & Paint 4:30-5:30 Young Parent Meet & Greet <b>17</b>	10-11:30 Active Parenting: Birth-5 <b>10-6:30 FRC ONE YEAR ANNIVERSARY PARTY!</b> 5:30-6:30 Chess Club <b>18</b>	9:30-11 Dad & Me *10:30-11:30 Family Brunch 12:30-1:30 Family Lawn Games <b>19</b>	9-12 Movie Morning: Moana <b>20</b>
<b>21</b>	9:30-11 Infant/Toddler Storytime 3-4 Coffee & Chat <b>22</b>	3:30-4:30 Color By Number 4-5:30 Active Parenting: 5-12 Years <b>23</b>	*11-12 Book Club *2:30-3:30 Monty Tech Presentation <b>24</b>	*10-12 Parenting Journey 4:30-5:30 STEAM: Edible Cookie Dough Making <b>25</b>	10-11 Kinship Support Group 3:30-4:30 Meditation with Lise <b>26</b>	<b>27</b>
<b>28</b>	9:30-11 Infant/Toddler Storytime 10-11 Grandparents Raising Grandchildren Support Group <b>29</b>	3:30-4:30 Color By Number 4-5 Ladies Chat 4-5:30 Active Parenting: 5-12 Years <b>30</b>	<b>Drop-Ins Welcome!</b> (Pre-registration required for * events) <b>Call Us: 978-730-1275</b>			

# PROGRAM DESCRIPTIONS

## YOUTH SUPPORT

**Infant/Toddler Time** — *Multiple Staff*  
Story or activity time for infants and toddlers.  
**Mondays @ 9:30 am (excluding 4/15)**

**Dad & Me** — *Cathy*  
Playgroup for male caregivers and their preschool aged children. **Friday, 4/5 & 4/19 @ 9:30 am**

## CAREGIVER SUPPORT

**Young Parent Meet & Greet** — *Multiple Staff*  
A welcoming environment for young parents to chat. **Wednesdays, 4/3 & 4/17 4:30–5:30 pm**

**Grandparents Raising Grandchildren** — *Cathy*  
Support for Grandparents who provide primary care. **Mondays, 4/1 & 4/29 @ 10 am**

**\*\*Parenting Journey** — *Josie & Alexa*  
Join other parents in this 12-week parent-positive, strengths-focused group. Registration required.

**Kinship Support Group** — *Cathy*  
Meet other kinship caregivers and explore various topics around raising children. **Fridays, 4/12 & 4/26 @ 10 am**

**Coffee & Chat** — *Multiple Staff*  
Enjoy a cup of coffee while chatting about life!  
**Monday, 12/4, 10–11:30am**

**\*Book Club** — *Josie & Tammy*  
Books available at the center from the Gardner Library. **Wednesdays, @ 11 am**

**Ladies Chat** — *Tammy*  
A time to talk about current issues that interest women. **Tuesdays, 4/2, 4/16, 4/30 @ 4 pm**

## EDUCATION

**STEAM Events** — *Alydia*  
This month: Sunflower Planting— **4/10 @ 4:30 pm**  
Edible Cookie Dough Making— **4/25 @ 4:30 pm**

**Chess Club** — *Matt*  
Practice logic and thinking, all skill levels welcomed! **Thursdays, 4/4, 4/18 @ 5:30 pm**

## FAMILY ACTIVITIES

**Color by Number** — *Multiple Staff*  
Come for a snack and color! **Tuesdays, @ 3:30 pm**

**\*\*Family Brunch** — *Multiple Staff*  
Join the FRC for family brunch! **Tuesday 4/16 & Friday 4/19 @ 10:30 am\*\***

**Picnic & Paint** — *Multiple Staff*  
Enjoy a light lunch outside (weather pending) while painting! **Wednesday, 4/17 @ 12:30 pm**

**\*\*Family Dinner** — *Alexa & Alydia*  
Join us for Family Dinner!  
This Month: Sloppy Joe's **Thursday, 4/11 @ 5 pm**  
**REGISTRATION REQUIRED BY 4/9\*\***

**FRC PARTY!** — *ALL STAFF*  
Come join us for an all day celebration of the FRC's ONE YEAR ANNIVERSARY! See event flyer for more details. **Thursday, 4/18 @ 10-6:30 pm**

**Family Lawn Games** — *Multiple Staff*  
Soak in the sun (weather pending) with snack and outdoor games! **Friday, 4/19 @ 12:30 pm**

**Basic Needs Drop in Day** — *Multiple Staff*  
Drop in hours for basic needs/ toiletries.  
**Saturday, 4/2 @ 9 am**

**Movie Morning** — *Multiple Staff*  
Join us for light snacks and a movie, this Saturday: Moana! **Saturday, 4/20 @ 9:30 am**

## LIFE SKILLS

**National Grid** — *Multiple Staff*  
Meet with National Grid reps to discuss your energy bills and resources. **Tuesday, 4/2 @ 10 am**

**\*\*Monty Tech Presentation** — *Multiple Staff*  
A presentation by Monty Tech on course offerings, learning about new careers, as well as employment opportunities! **Wednesday, 4/24 @ 2:30 pm**

**Meditation with Lise** — *Lise*  
Join Lise for an hour of meditation and relaxation.  
**Friday, 4/26 @ 3:30 pm**



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**Gardner Family Resource Center**  
205 School Street, Suite 301, Gardner  
978-730-1275

**CSOINC.ORG**