



December 2023 Attleboro Family Resource Center
29 North Main Street, Attleboro MA (P) 774-203-1516

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. FRC Café 10am-12pm	2. Make your Own Stocking 11am-1pm
4. Children's Play Group 10am-12pm	5. Family Assessment & Support Planning 10am-1pm	6. Craft Corner 3pm-4:30pm Mindfulness Workshop 5:30pm-7pm	7. Raft Application Assistance 10am-1pm FRC Book Club 3:30pm-4:30pm	8. FRC Café 10am-12pm	9. <u>Closed</u>
11. Children's Playgroup 10am-12pm Future Forward 4:30pm-6pm	12. Recharge Tuesday 3pm-4:30pm Beginning the Conversation: Understanding Depression 6pm-7:30pm	13. Youth Grief Support 4pm-5pm	14. Family Assessment & Support Planning 10am-1pm Sensory Activity Day 3:30pm-5pm	15. FRC Café 10am-12pm	16. <u>Holiday Gift Basket Pick-Up 11am-1pm</u>
18. Children's Playgroup 10am-12pm	19. Family Assessment & Support Planning 10am-1pm Make Your Own Holiday tree 3:30pm-5pm	20. Pop-Up Pantry Day 10am-12pm *call by 12/18/23 to register	21 Navigating Holiday Stress 5pm-6:30pm	22. FRC Café 10am-12pm Holiday Movie Night 5pm-6:30pm	23. <u>Closed</u>
25. <u>Closed in Observance for Christmas</u> <u>Wishing you & your family a happy</u>	26. Future Forward 4:30pm-6pm	27. Craft Corner 3pm-4:30pm	28. Grupo De Apoya Para Padres 5:30pm-7pm	29. FRC Café 10am-12pm	30.. <u>Closed</u>

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only (Saturday 12/2 & 12/16)
Walk-In Hours of Operation: Monday through Friday, 9am-5pm, and during Saturday events

Find us on Facebook at www.facebook.com/FRCTaunton

Children's Playgroup (In-Person): Ages 0-5. Weekly, informal play-time for young children and their parent's to meet and socialize in the community while building new connections. To participate contact Lily lrazik@oldcolonyymca.org

Crafts Corner (In-Person): Let your creativity flow and create something magical. Every first and last Wednesday of the month. To participate, contact Gladys gmaina@oldcolonyymca.org or Ron rmuccitelli@oldcolonyymca.org

FRC Book Club (In-Person): Join us for our monthly book club. Where we get to read together, meet new people and learn from one another as well as our books. To register contact Gladys gmaina@oldcolonyymca.org

Future Forward (In-Person) Ages 13-18. A group for teens to come and engage as they learn different life skills as they step into adulthood. To register contact Ron rmuccitelli@oldcolonyymca.org

Mindfulness Workshop (In-Person): Do you feel mindFULL or mindful? A workshop for caregivers to learn mindfulness and coping strategies to deal with daily life stressors. To register contact: Ron rmuccitelli@oldcolonyymca.org

Recharge Tuesday (In-Person): This teen group will focus on different forms of self-care, recharging tools and techniques. To register contact Gladys gmaina@oldcolonyymca.org

FRC Café (In-Person): Join us for our weekly café and conversation. Meet new people and create new connections. To participate, contact Lily lrazik@oldcolonyymca.org

Pop-Up Food Pantry (In-Person): Meal care packages will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages. To register, contact Gladys gmaina@oldcolonyymca.org by 12/18/23.

FRC Movie Night (In Person): we will be watching Muppets Christmas Carole. Refreshments will be provided. To participate contact Lily lrazik@oldcolonyymca.org

Teen Grief Support Group: This is a once a month support group hosted by Hope Health to support teens navigate losses and grief. To register contact Rob rmignacca@oldcolonyymca.org

Sensory Activity Day (In-Person): Join the FRC for sensory friendly activities for children of all ages! To register contact: Ron rmuccitelli@oldcolonyymca.org

Grupo De Apoyo Para Padres (En Persona): Grupo de apoyo para padres. To register contact: Belma bmoreira@oldcolonyymca.org

Make Your Own Stocking (In-Person): A holiday activity for children of all ages! Join us for treats and stocking making. To register contact: Gladys gmaina@oldcolonyymca.org

Family Assessment & Support Planning (In-Person): Are you a caregiver to a child/adolescent struggling at home, in the community, or at school? Our FRC team is here to help! Schedule an appointment with our Clinician, Ron. He will meet with you to hear and understand your concerns, assess needs, and help you create an action plan of support. To register contact: Ron rmuccitelli@oldcolonyymca.org

RAFT Rental Application Assistance (In-Person): Our Family Support Workers are available to help you navigate the RAFT application process! They will meet with you to review requirements, organize documents needed, and provide support while you apply for the rental assistance program through RAFT. To register, contact: Gladys gmaina@oldcolonyymca.org or Belma bmoreira@oldcolonyymca.org

Beginning the Conversation-Understanding Depression (In-Person): A monthly workshop designed to educate about various mental health diagnoses and ways to help you and your loved ones cope. To participate contact: Ron rmuccitelli@oldcolonyymca.org

Navigating Holiday Stress (In-Person): A workshop for caregivers on managing the stress of the busy Holiday season. To participate contact: Ron rmuccitelli@oldcolonyymca.org

Holiday Gift Basket Pick-Up: Holiday care package will be available for pick up on 12/16/2023. Participants must register by 12/13/2023 to receive gift basket. To register contact Gladys gmaina@oldcolonyymca.org or Belma bmoreira@oldcolonyymca.org

