



March 2024 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. Movie Day 11am-1pm
4. Children's Playgroup 10am-12pm Book Club 3pm-4pm	5. Recharge Tuesday 5pm-6:30pm	6. Women History Month Education 11am-12pm Youth Grief Support 4pm-5pm	7. Raft Application Assistance 10am-1pm Grandparents Raising Grandchildren Support Group 5pm-7pm	8. FRC Café 10am-12pm	9. <u>Closed</u>
11. Children's Playgroup 10am-12pm Mindfulness Workshop 5:30pm-7pm	12. Craft Corner 3:30pm-5pm	13. Pop- Up Pantry 9am-6:30pm	14. Raft Application Assistance 10am-1pm A Night to Discover 6pm-7:30pm	15. FRC Café 10am-12pm	16. Easter Breakfast 11am-1pm
18. Children's Playgroup 10am-12pm	19. Guided Meditation 5pm-6pm Encouraging Fathers 5pm-7pm	20. Future Forward 5pm-6:30pm	21. Raft Application Assistance 10am-1pm Grandparents Raising Grandchildren Support Group 10am-12pm	22. FRC Café 10am-12pm Arabic Support Group 5pm-6:30pm	23. <u>Closed</u>
25. Children's Playgroup 10am-12pm Motivational Monday 4:30pm-6pm	26. Conecciones Amistosas 10am-11:30am Easter Egg Dye 4pm-6pm	27. Weekday Game Night 4:30pm-6:30pm	28. Raft Application Assistance 10am-1pm Stress Management 5pm-6:30pm	29. FRC Café 10am-12pm	30. <u>Closed</u>

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only (Saturday 3/2 & 3/16)
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

Women's History Month Movie Day (In-Person): Join us to watch an interactive movie as we learn more about women who served a vital role in NASA during the early years of the U.S. space program. Refreshment will be provided. To register contact: Lily lrazik@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: Belma bmoreira@oldcolonyymca.org

Women's History Education (In-Person): Come learn more about some of challenges and accomplishments of women throughout history. To register contact: Gladys gmaina@oldcolonyymca.org

Easter Breakfast (In-Person): Join us and the Easter Bunny for a fun filled breakfast, pictures with Easter bunny and Easter egg hunt. Food will be provided. Participants must register by 3/11/24. To register contact Gladys gmaina@olddcolonyymca.org or Belma bmoreira@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

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 Gladys gmaina@oldcolonyymca.org

Encouraging Father's Group (In-Person): A group for father and their children to interact, share, support and encourage one another. To register contact Rob rmignacca@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 or Belma bmoreira@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 3/11/24.

Guided Meditation (In-Person): Have you been trying to find ways to ground yourself? If so, come join us for a guided meditation. To register contact Belma bmoreira@oldcolonyymca.org

Motivational Monday (In-Person): Setting yourself up for success in the New Year! Come learn how to create obtainable goals for yourself and develop skills to make progress toward positive change. To register, contact Belma bmoreira@oldcolonyymca.org

Easter Egg Dye (In-Person): Craft corners will be dying Easter eggs on 3/26/24. If you would like to participate please register by 3/22/24. To register contact Belma bmoreira@oldcolonyymca.org

Weekday Game Night (In-Person): Join us for an afternoon of games & laughs at the Attleboro FRC! To register contact: Lily lrazik@oldcolonyymca.org

A Night to Remember (In- Person): Attleboro High School: Event starts at 6pm-7:30pm. A Night to Discover: APS Student Learning and Community Partnership Showcase is an opportunity for APS staff, students, families, and community organizations to come together as students throughout the district display their learning experiences and local community resources share information about their services and programs.

Grandparent Raising Grandchildren Support Group (In-Person): Are you a grandparent feeling like you are all alone in this journey? You are not alone! Come join and share with other grandparents raising grandchildren. To register, contact Gladys gmaina@oldcolonyymca.org

Youth 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

Arabic Support Group (In-Person): If Arabic is your first language and need would like someone to talk to you, come going the Arabic support group at the FRC. This support group is hosted by Lily our admin assistant and she is fluent in Arabic. To participate contact Lily lrazik@oldcolonyymca.org

