

A P R I L

SUN

MON

TUE

WED

THU

FRI

SAT

CLOSED

10am-12pm:
Craft Corner

1
5-7pm
Tween Tuesday

2
5-7pm
Nurturing Families

3
10-11
Encouraging
Fathers
2:30-4pm
Teen Drop In
5-7pm
Extended Office
Hours

4
12-1:30
GRG Group

5
Project Connect:
FAMILY
FUN FAIR
9:30-11:30

CLOSED

7
10am-12pm:
Childrens Play Group
10-12am
Arabic Support Group

8
1-2:30pm
Manet Nutrition
Program
Program
5-7pm
Tween Tuesday

9
5-7pm
Nurturing Families

10
2:30-4pm
Teen Drop In
5-7pm
Extended Office
Hours

11
10-12pm:
FRC Cafe
12-1
Feel Good
Friday

CLOSED

CLOSED

14
9:30-11:30
Active Parenting of
Teens
10am-12pm:
Childrens Play Group
6:30pm
Kindness Read at the
Library

15
10-11
Encouraging
Fathers
5-7pm
Tween Tuesday

16
9-5
Food & Diaper
Pantry Pick-Up
5-7pm
Arabic Support Group
5-7pm
Nurturing Families

17
2:30-4pm
Teen Drop In
5-7pm
Extended Office
Hours

18
10-12pm:
FRC Cafe

19
BUNNY
&
BRUNCH
11am-1pm

CLOSED

21
CLOSED
In Observation
of
Patriots Day

22
5-7pm
Tween Tuesday

23
2-4pm
Dia Celebration
at the Library
5-7pm
Nurturing Families

24
2:30-4pm
Teen Drop In
5-7pm
Extended Office
Hours

25
12-1
Feel Good
Friday
...with special guests

CLOSED

CLOSED

28
9:30-11:30
Active Parenting of
Teens
10am-12pm:
Craft Corner

29
5-7pm
Tween Tuesday

30
5-7pm
Arabic Support
Group
5-7pm
Nurturing Families

HOURS OF OPERATION:

Monday through Friday: 9am-5pm

Tuesday-Thursday
Extended Weekday Until 7pm:

Saturday: Appointment or event only

FRC STAFF

Lorraine Mitchell - Program Director

Robert Mignacca - Program Manager

Megan Barlow - Clinician

Cindy Depina - Family Partner

Lilyan Razik - Family Engagement Ambassador

Gladys Ndiru - Family Support Worker

Sydney Williams - School Liaison

29 North Main Street
Attleboro MA 02703

YOUTH PROGRAMS

Childrens play group

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.

Tween Tuesday

This group is for tweens ages 9-12. Join us for snacks, fun, and activities of all kinds! Games, crafts, movies, and much more fun.

Teen Drop-In

Looking for somewhere to hang after school? Come by the FRC for homework help, movies, games, snacks and more. This group is for teens ages 13-16!

The FRC will be at TWO
Attleboro Public Library
events this month!



WHOLE FAMILY

Craft Corner

If you love to craft, please join us for Craft Corner. Bring your own projects, or use the FRC materials to get crafty and socialize.

Project Connect's: Family Fun Fair

Our friends at Project Connect are hosting their Family Fun Fair! Games, activities, books, raffle prizes and all kinds of fun.

This event will be at Attleboro High School

Easter Bunny & Brunch

Join us at the FRC for FREE photos with the Easter Bunny and brunch catered by Bliss Bros!

OTHER FRC SERVICES:

Mental Health Referrals

Navigating School Systems

GATRA Passes & Information

Connection to Community Resources

Financial Assistance Application Support

If you are interested in any of our upcoming events or services listed above, please contact us.

AttleboroFRC@oldcolonymymca.org

774-203-1516



CAREGIVER SUPPORT

Nurturing Families

Families are engaged in a 13 week program built with lessons that encourage and support attitude and behavioral changes.

FRC Cafe

Join us for our weekly café and conversation. Meet new people and create new connections.

Encouraging Fathers

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

Grandparents Raising Grandchildren (GRG)

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.

Active Parenting

Active Parenting of Teens is program that will give you confidence and courage to meet the challenges and savor the joys of your children's teen years.

Manet Nutrition Program

Join Manet Community Health Center dietitians to learn about nutrition, find new recipes, and to prepare healthy meals and snacks on a budget!

Feel Good Friday

Get ready to go into the weekend feeling your best! Come into Feel Good Friday for mindfulness and self care workshops.

Arabic Support Group

If Arabic is your first language and need help navigating community resources, come to the Arabic support group at the FRC.

Monthly Food and Diaper Pantry Pick Up: Wednesday March 16th

Pantry bags will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages.



Hats and Mittens available December - April



Take our survey and
let us know how we're
doing!

SCAN
ME

