

# TAUNTON FAMILY RESOURCE CENTER

37 MAIN STREET, TAUNTON MA (774-501-2633)

HOURS OF OPERATIONS: MONDAY-FRIDAY 9AM-5PM  
WITH EVENING EVENTS MON, WED, THURS TO 6PM

## OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MINDFUL MOVEMENT 5:15-6:15PM 1 Active Parenting First 5 years 5:30-7PM	2 Conversational English 12-1:30PM 2:15-4:15	3 Coffee, tea & FRC 10-11AM	4 Autumn Craft 10-12PM
5 <b>CLOSED</b>	6 Youth Group 4-6PM Youth Financial Literacy 4:30-5:30PM	7 Parenting in America 5-7PM	8 GRG 11-12:30 Active Parenting First 5 years 5:30-7PM	9 Conversational English 12-1:30PM 2:15-4:15	10 Coffee, tea & FRC 10-11AM	11 <b>CLOSED</b>
12 <b>CLOSED</b>	13 <b>CLOSED</b>	14 Parenting in America 5-7PM	15 FOOD PANTRY PICKUP MINDFUL MOVEMENT 5:15-6:15PM Active Parenting First 5 years 5:30-7PM	16 Conversational English 12-1:30PM 2:15-4:15	17 Coffee, tea & FRC 10-11AM	18 <b>CLOSED</b>
19 <b>CLOSED</b>	20 Youth Group 4-6PM	21 Parenting in America 5-7PM	22 GRG 11-12:30 Active Parenting First 5 years 5:30-7PM	23 Conversational English 12-1:30PM 2:15-4:15	24 Coffee, tea & FRC 10-11AM	25 Trunk or Treat 4-8PM
26 <b>CLOSED</b>	27 Youth Group 4-6PM	28 Parenting in America 5-7PM	29 DADS DATE NIGHT 4:30-6PM Active Parenting First 5 years 5:30-7PM	30 Conversational English 12-1:30PM 2:15-4:15	31 Coffee, tea & FRC 10-11AM	

**Conversational English (In-Person):** Adults Only; Build English language conversational skills, *Cape Verdean creole 12-1:30PM*- English. To register Contact Rania: [Rlobo@oldcolonyymca.org](mailto:Rlobo@oldcolonyymca.org). For Haitian Creole, contact cindy: [Cangervil@oldcolonyymca.org](mailto:Cangervil@oldcolonyymca.org).

**Grandparents Raising Grandchildren(GRG) (In-Person):** For grandparents & kinship raising children. A general support group for kinship to come together to learn about resources and make social connections. Every second and fourth Wednesdays. Lunch is served. To register contact Britany: [bfreitas@oldcolonyymca.org](mailto:bfreitas@oldcolonyymca.org)

**Pop-Up Food Pantry (In-Person):** Register by 10/06: Meal care packages will be available for pick-up monthly at the FRC. Participants must register every month to receive care packages. Late pickups are not guaranteed! To register, call our main line at (774) 501-2633

**Coffee, Tea & FRC:** No Registration Required: Stop by the FRC for a warm cup of coffee and connect with others.

**Youth Group:** Looking for a space to connect, have fun, and be yourself? Join our Youth Group at the Family Resource and Community Center! This is a safe and supportive space where youth ages 12-16 can hang out, talk about real-life stuff, play games, do activities, and make new friends. To register contact Cindy: [Cangervil@oldcolonyymca.org](mailto:Cangervil@oldcolonyymca.org)

**Mindful Movement:** Registration Required by the Monday prior: Join us for a gentle movement group focused on relaxation, stress relief, and self-care. Designed for caregivers, this session combines light physical activity with mindfulness techniques to help you reconnect with your body and mind. No experience necessary – just come as you are! This event will be held at the Taunton YMCA, 71 Cohannet St. Child care provided! To register contact Britany: [Bfreitas@oldcolonyymca.org](mailto:Bfreitas@oldcolonyymca.org)

**Parenting in America:** Adjusting to parenting in a new country can be challenging. This group offers support, practical tips, and open discussion for immigrant and refugee parents navigating parenting in the U.S.

Registration is required. To register contact Cindy: [Cangervil@oldcolonyymca.org](mailto:Cangervil@oldcolonyymca.org)

**Dads Date Night:** An opportunity for kids to spend a fun night out connecting with the dad in their life. Games, food, and activities will be provided. To register, call our main line at (774) 501-2633

**Autumn Craft :** Register by 10/01 : We're getting into the autumn spirit with a fun and creative craft session at Taunton Family Resource Center! Come along, get involved, and enjoy some seasonal fun with us. All families welcome—just bring your imagination and enjoy a cozy autumn morning together! To register email [Cindy](mailto:Cindy) or call us at 774-501-2633

**Trunk or Treat:** No registration Required: Halloween Trunk or Treat in Downtown Taunton on Saturday, October 25th 2025. All participants welcomed!

**Active Parenting:** First Five Years is a multicultural, video-based discussion program for parents, early childhood staff, and caregivers of children ages birth to 5. It addresses basic skills, the stages of development, and more. To be added to the next session, contact Britany [bfreitas@oldcolonyymca.org](mailto:bfreitas@oldcolonyymca.org)

**Teen Financial Literacy:** Empower teens with the tools they need to make smart money choices! This class introduces the basics of budgeting, saving, banking, credit, and real-world financial decision-making. To register contact Rania: [Rlobo@oldcolonyymca.org](mailto:Rlobo@oldcolonyymca.org)