

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1 CLOSED	2 10-12pm Conversational English	3 5-7pm Family Game Night	4 12-1pm GRG 5-7pm Extended Hours	5 2:30-4pm Teen Hub 6-7pm Think First (Virtual)	6 10-12pm FRC Cafe	7 - 11-1PM PALENTINES PARTY 
8 CLOSED	9 10-12pm Conversational English	10 5-7pm Tween Scene	11 5-7pm Closed Group	12 12-1:30 Attendance Matters 2:30-4pm Teen Hub 6-7pm Think First (Virtual)	13 12-1:30pm Feel Good Friday	14 CLOSED
15 CLOSED	16  CLOSED	17 5-7pm Family Game Night	18 9-5pm Food & Diaper Pantry Pick-Up 5-7pm Extended Hours	19 2:30-4pm Teen Hub 6-7pm Think First (Virtual)	20 12-1pm GRG	21  4:30-7:30 ATTLEBORO WINTER NIGHT FESTIVAL 1694
22 CLOSED	23 10-12pm Conversational English 4-5pm DadLink (Virtual)	24 5-7pm Tween Scene	25 5-7pm Extended Hours	26 2:30-4pm Teen Hub 6-7pm Think First (Virtual)	27 12-1:30pm Feel Good Friday	28 CLOSED



"THE WAY TO RIGHT WRONGS IS TO TURN THE LIGHT OF TRUTH UPON THEM."
- IDA B. WELLS

Hours of Operation:

Monday through Friday: 9am-5pm
Tuesday, Wednesday, Thursday: Extended Programming Until 7pm
Saturday: Event only

FRC STAFF CONTACTS

Deborah Cosgrove - Program Director
dcosgrove@oldcolonyymca.org

Lynn Furtado - Program Manager
lfurtado@oldcolonyymca.org

Megan Barlow - Clinician
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Cindy Depina - Family Partner
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Celine Cius Israel - Family Support Worker
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Sydney Williams - School Liaison
swilliamse@oldcolonyymca.org

General Email:
AttleboroFRC@oldcolonyymca.org

OTHER FRC SERVICES:

Mental Health Referrals
Navigating School Systems
GATRA Passes & Information
Connection to Community Resources
Financial Assistance Application Support

774-203-1516

29 North Main Street
Attleboro, MA 02703

 Family
Resource Centers

Please note that between 2:30-4pm on
TUESDAYS the office is closed for staff meeting.

YOUTH PROGRAMS

Teen Hub

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! Contact [Cindy](#) if interested.

Tween Scene

A fun, welcoming space for ages 9-12 to relax, make friends, and build social-emotional skills through games, creative activities, and conversation. Contact [Sydney](#) if interested

WHOLE FAMILY EVENTS

Palentines Day

Celebrate the season of love with your very best PALS! Come on over to Palentines Day for fun crafts, snacks, and activities all for you and your besties. Contact the [general email](#) if interested.

Attleboro Winter Night Festival

Celebrate 15 years of the city of Attleboro's The Winter Night Festival. Check out the city calendar or Facebook for all the details. This event is hosted by the city.

Family Game Night

Join us for an evening of fun, laughter, and connection! Family Game Night is a chance for families to unplug and enjoy classic and new games together in a welcoming, community-focused setting. All ages are welcome. Contact the [general email](#) if interested

CAREGIVER SUPPORT

Think First (Virtual)

Presented by Boston Children's Hospital. Families will spend an hour per week for 4 weeks covering baby safety topics and receive baby safety items upon completion. Contact [Sydney](#) if interested

Conversational English

Designed to help build adults confidence in everyday conversation. Conducted entirely in English and welcome learners of all backgrounds and levels. Contact [Cindy](#) if interested.

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. Contact [Lynn](#) if interested.

Extended Office Hours

If you've been meaning to schedule an appointment but just can't make it work in your schedule this is for you. Contact the [general email](#) if interested.

Feel Good Friday

Get ready to go into the weekend feeling your best! Come into Feel Good Friday for mindfulness and self care workshops. Contact [Megan](#) if interested.

February Break Snack Packs

Let the FRC take care of the snacks for February break. No registration necessary. Just stop by and pick up your snack pack while supplies last. One for each school aged child.

Attendance Matters

Looking for support with your child's attendance? Through discussion and activities, you will leave the workshop with knowledge about chronic absence and practical strategies to manage barriers to attendance. This is a virtual group. Contact [Megan](#) for the registration link.

MONTHLY FOOD AND DIAPER PANTRY PICK- UP: Wednesday, February 18th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

SCAN
ME



FEBRERO

DOMINGO LUNES MARTES MIÉRCOLES JUEVES VIERNES SÁBADO

1

CERRADO

2

10-12pm
Clase de Inglés
Conversacional

3

5-7pm
Noche de Juegos
con la Familia

4

12-1pm
Abuelos criando
a sus nietos
5-7pm
Horario de oficina
extendido

5

2:30-4pm
Entrada para
Adolescentes
6-7pm
Piensa Primero
(Virtual)

6

10-12pm
Café FRC

7

11-1PM
FESTA DE
PALENTINES

8

CERRADO

9

10-12pm
Clase de Inglés
Conversacional

10

5-7pm
Zona
Preadolescente

11

5-7pm
Grupo
Cerrado

12

12-1:30
La Asistencia Cuenta
2:30-4pm
Entrada para
Adolescentes
6-7pm
Piensa Primero (Virtual)

13

12-1:30pm
Sentirse
Bien
Viernes

14

CERRADO

15

CERRADO

16



CERRADO

17

5-7pm
Noche de Juegos
con la Familia

18

9-5pm
Despensa de
alimentos y pañales
5-7pm
Horario de
oficina extendido

19

2:30-4pm
Entrada para
Adolescentes
6-7pm
Piensa Primero
(Virtual)

20

10-12pm
Café FRC

21

4:30-7:30
FESTIVAL
NOCTURNODE
INVERNOEN
LITTLEBOKO

22

CERRADO

23

10-12pm
Clase de Inglés
Conversacional
4-5pm
DadLink (Virtual)

24

5-7pm
Zona
Preadolescente

25

5-7pm
Horario de
oficina
extendido

26

2:30-4pm
Entrada para
Adolescentes
6-7pm
Piensa Primero
(Virtual)

27

12-1:30pm
Sentirse
Bien
Viernes

28

CERRADO



" LA MAERA DE CORREGIR LAS INJUSTICIAS ES ARROJAR SOBRE
ELLAS LA LUZ DE LA VERDAD."
- IDA B. WELLS

HORARIO DE FUNCIONAMIENTO

De Lunes a Viernes: 9 a las 5
Martes, Miércoles, Jueves
Programa extendido hasta las 7
Sábado: Solo con cita o evento programado

FRC STAFF CONTACTS

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Sydney Williams - School Liaison

swilliams@oldcolonyymca.org

General Email:

AttleboroFRC@oldcolonyymca.org

OTROS SERVICIOS DEL FRC

- Referencias de salud mental
- Navegando por los sistemas escolares
- Pases e información GATRA
- Conexión a recursos comunitarios
- Soporte para solicitudes de asistencia financiera

774-203-1516

29 North Main Street
Attleboro, MA 02703

 Family
Resource Centers

También tenga en cuenta que los **MARTES** entre las 2:30 y las 4 pm la oficina estará cerrada por reunión del personal.

PROGRAMAS PARA JÓVENES

Entrada para Adolescentes

Un espacio divertido y acogedor para que las edades de 9 a 12 años se relajen, hagan amigos y desarrollen habilidades socioemocionales a través de juegos, actividades creativas y conversaciones.

Zona Preadolescente

Un espacio divertido y acogedor para que las edades de 9 a 12 años se relajen, hagan amigos y desarrollen habilidades socioemocionales a través de juegos, actividades creativas y conversaciones.

TODA LA FAMILIA

Fiesta de Palentines

Celebrate the season of love with your very best PALS! Come on over to Palentines Day for fun crafts, snacks, and activities all for you and your besties. Contact the [general email](#) if interested.

Festival Nocturno de Invierno en Attleboro

Celebrate 15 years of the city of Attleboro's The Winter Night Festival. Check out the city calendar or Facebook for all the details. This event is hosted by the city.

Noche de Juegos con la Familia

Join us for an evening of fun, laughter, and connection! Family Game Night is a chance for families to unplug and enjoy classic and new games together in a welcoming, community-focused setting. All ages are welcome. Contact the [general email](#) if interested

APOYO PARA CUIDADORES

Think First (Virtual)

Presentado por el Hospital Infantil de Boston. Las familias participarán una hora por semana durante 4 semanas, cubriendo temas de seguridad para bebés y recibirán artículos al completar el programa. Comuníquese con Sydney si está interesado(a).

Abuelos criando a sus nietos

¿Es usted un abuelo que se siente solo en este viaje? ¡Usted no está solo! Ven y únete y comparte con otros abuelos criando nietos.

Sentirse Bien Viernes

Prepárate para empezar el fin de semana sintiéndote lo mejor posible! Ven a 'Sentirse Bien Viernes' para disfrutar de talleres de mindfulness y autocuidado.

Attendance Matters

Necesita ayuda con la asistencia escolar de su hijo/a? A través de conversaciones y actividades, en este taller virtual adquirirá conocimientos sobre el absentismo crónico y estrategias prácticas para superar los obstáculos que impiden la asistencia a clase. Para obtener el enlace de inscripción, comuníquese con Megan.

Clase de Inglés Conversacional

Disenada para ayudar a los adultos a ganar confianza en conversaciones cotidianas. Esta clase se imparte completamente en inglés y da la bienvenida a estudiantes de todos los niveles y orígenes.

Horario de oficina extendido

Si ha querido programar una cita pero simplemente no puede hacerlo en su agenda, esto es para usted. ¡Programe una cita durante nuestro horario de oficina extendido!

Recogida de Paquetes de Bocadillos

Deja que el FRC se encargue de los bocadillos durante las vacaciones de _____. No es necesario registrarse. Solo pasa a recoger tu paquete de bocadillos mientras duren las existencias. Uno por cada niño en edad escolar.

RECOGIDA MENSUAL DE ALIMENTOS Y PAÑALES

Miércoles, Febrero 18th

POR FAVOR, REGÍSTRESE ANTES DEL DÍA DOS MIÉRCOLES DEL MES

¡Participa en nuestra encuesta y cuéntenos cómo lo estamos haciendo!

SCAN
ME



FEVRIYE

Dimanch Lendi Madi Mēkredi Jedi Vandredi Samdi

1 Nou fèmen	2 10-12pm Conversational English	3 5-7pm Yon nwit pou jwe ak fanmiw	4 12-1pm GRG 5-7pm Orè biwo pwolonje	5 2:30-4pm Teen Hub 6-7pm Think First (Virtual)	6 10-12pm FRC Cafe	7 11-1PM PALENTINES PARTY
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- IDA B. WELLS

ORÈ DE OPERASYON

Lendi jiska Vandredi: 9 è dimaten -
5 è aprèmidi

Madi, Mèkredi, Jedi

Pwogram pwolonje jiska 7 è diswa

Samdi: Randevou oswa evènman sèlman

ANPLWAYE FRC

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dcosgrove@oldcolonyymca.org

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LÔT SÈVIS FRC

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PWOGRAM JÈN YO

Teen Hub

Eskew ap chache yon kote pou pase tan apre lekòl? Vin nan FRC a pou jwenn èd ak devwa, fim, jwèt, ti goute ak plis ankò. Gwoup sa a se pou adolesan ki gen laj 13-16!

Tween Scene

Yon espas amizan ak akeyan pou timoun ki gen laj 9 a 12 an pou yo detann, fè zanmi, epi devlope ladrès sosyo-emosyonèl atravè jwèt, aktivite kreyatif, ak konvèrsasyon.

TOUT MANM FANMIW

Palentines Day

Selebre sezon lanmou a avèk pi bon ZANMI ou yo! Vin nan Jou Palentine nan pou aktivite amizan, ti goute, ak tout aktivite pou ou menm ak pi bon zanmi ou yo. Kontakte imèl jeneral oubyen rele nan telephon la si w enterese.

Attleboro Winter Night Festival

Selebre 15yèm ane Festival Lannwit lvè prezante pa vil Attleboro a. Gade kalandriye vil la oswa Facebook pou tout detay yo. Èvenman sa a organize pa vil la.

Family Game Night

Vini jwenn nou pou yon sware amizan, ri, ak koneksyon! Sware Jwèt Fanmi an se yon chans pou fanmi yo dekonekte ak elektwonik epi jwi jwèt klasik ak nouvo ansanm nan yon anviwònanm akeyan, sambre sou kominote a. Tout laj yo akeyi.

SIPÒ POU MOUN KAP BAY SWEN YON TIMOUN

Think First (Virtual)

Prezante pa Lopital Timoun Boston. Fanmi yo pral pase yon èdtan pà semèn pandan 4 semèn ap pale sou sijè sekirite pou tibebe epi resevwa atik sekirite pou tibebe lè yo fini. Kontakte Sydney si ou enterese.

Grandparents Raising Grandchildren (GRG)

Èske w se yon granparan ki santi w poukout ou nan vwayaj sa a? Ou pa poukout ou! Vin jwenn ou epi pataje ak lôt granparan k ap leve pitit pitit.

February Break Snack Packs

Let the FRC take care of the snacks for February break. No registration necessary. Just stop by and pick up your snack pack while supplies last. One for each school aged child.

Orè biwo pwolonje

Si w te gen entansyon pran yon randevou men ou pa ka fè l'mache nàn orè 9-5pm la, sa a se pou ou. Pran yon randevou pandan lè orè pwolonje biwo nou yo!

Conversational English

Designed to help build adults confidence in everyday conversation. Conducted entirely in English and welcome learners of all backgrounds and levels. Contact Cindy if interested.

Feel Good Friday

Prepare w pou w antre nan wikenan nan ak pi bon santiman w! Vin nan Vandredi Santi Bon an pou atelye atensyon ak swen pèsonel.

RANMASE YON SAK MANJE AK KOUCHÈT CHAK MWA

Mèkredi , Fevriye 18th

TANPRI ENSKRI ANVAN DEZYÈM MÈKREDI NAN MWA A

Patisipe nan sondaj
nou an epi fè nou
konnen kijan nou ye!

SCAN
ME

