

APRIL

SUN **MON** **TUE** **WED** **THU** **FRI** **SAT**

<p>1</p> <p>CLOSED</p>	<p>2</p> <p>CLOSED</p>	<p>3</p> <p>CLOSED</p>	<p>1 12-1pm GRG 5:30-8pm Nurturing Fathers</p>	<p>2</p> <p>2:30-4pm Teen Hub</p>	<p>3</p> <p>12-1:30pm Feel Good Friday</p>	<p>4 9-11am Open Office Hours</p>
<p>5</p> <p>CLOSED</p>	<p>6 10-11am Baby Cafe</p>	<p>7 4:30-6pm Family Game Night</p>	<p>8 5-7pm Closed Group 5:30-8pm Nurturing Fathers</p>	<p>9 2:30-4pm Teen Hub 12-1:30 Attendance Matters</p>	<p>10 12-1:30pm Caregiver Crafternoon</p>	<p>11 9:30-11:30am Project Connect Family Fun Fair</p>
<p>12</p> <p>CLOSED</p>	<p>13 10-11am Baby Cafe 4:30-6pm AP 0-5</p>	<p>14 4:30-6pm Tween Scene</p>	<p>15 9-5pm Food & Diaper Pantry Pick-Up 5:30-8pm Nurturing Fathers</p>	<p>16 2:30-4pm Teen Hub</p>	<p>17 12-1pm GRG</p>	<p>18</p> <p>CLOSED</p>
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>CLOSED</p>	<p>21 4:30-6pm Family Game Night</p>	<p>22 4:30-6pm Closed Group 5:30-8pm Nurturing Fathers</p>	<p>23 2:30-4pm Teen Hub</p>	<p>24 12-1:30pm Feel Good Friday</p>	<p>25</p> <p>CLOSED</p>
<p>APRIL BREAK SNACK PACK PICK UP</p>						
<p>26</p> <p>CLOSED</p>	<p>27 10-11am Baby Cafe 4-5pm DadLink (Virtual) 4:30-6pm AP 0-5</p>	<p>28 4:30-6pm Tween Scene</p>	<p>29 5:30-8pm Nurturing Fathers</p>	<p>30 2:30-4pm Teen Hub</p>	<p>31</p> <p>CLOSED</p>	<p>31</p> <p>CLOSED</p>

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

HOURS OF OPERATION:

Monday through Friday: 9am-5pm

Tuesday, Wednesday, Thursday
Extended Programming Until 6pm

Saturday: Event only or Open Office Hours only

FRC STAFF CONTACTS

Deborah Cosgrove – Program Director

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Lynn Furtado – Program Manager

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Megan Barlow – Clinician

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Sydney Williams – School Liaison

swilliams@oldcolonymca.org

Erika Cosgrove – Family Engagement

Ambassador

ecosgrove@oldcolonymca.org

General Email:

AttleboroFRC@oldcolonymca.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



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 the [general email](#) 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

Project Connect Family Fun Fair

Free event for all families with activities, books, facepainting and more family fun at Attleboro High School
Event hosted by Attleboros Project Connect.

April 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.

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

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.

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.

AP 0-5 Registration

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. This program will be held virtually. Contact [Lynn](#) if interested.

Nurturing Fathers

Fathers will develop nurturing, respectful, and responsible parenting skills while strengthening relationships with their children and families. Contact the [general email](#) if interested.

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.

Caregiver Crafternoon

A welcoming support group for craft-loving caregivers to relax, connect, and recharge while working on their own creative projects. Whether you bring something from home or try a new craft provided each session, this is a space to unwind, share, and create in community. Contact [Sydney](#) if interested.

MONTHLY FOOD AND DIAPER PANTRY PICK-UP:

Wednesday, April 15th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

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

