

AUGUST

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2

CLOSED

3

10-11am
Baby Cafe
5-7pm
Parenting Journey

4

4:30-6pm
Tween Scene

5

4-6:30pm
Nurturing
Fathers

6

2:30-4pm
Teen Hub

7

12-1pm
Grandparents
Raising
Grandchildren

8

CLOSED



9

CLOSED

10

10-11am
Baby Cafe
5-7pm
Parenting Journey

11

4:30-6pm
Family
Fun Night

12

4-6:30pm
Nurturing Fathers
5-7pm
Closed Group

13

2:30-4pm
Teen Hub

14

12-1:30pm
Feel Good
Friday

15

CLOSED

BACKPACK PICK UP

16

CLOSED

17

10-11am
Baby Cafe
4-5pm
DadLink (Virtual)
5-7pm
Parenting Journey

18

4:30-6pm
Tween Scene
4-6pm
Community Baby
Shower
(Wrentham)

19

9-5pm
Food & Diaper
Pantry Pick-Up
4-6:30pm
Nurturing Fathers
5-7pm
Closed Group

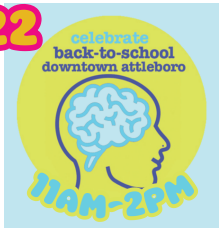
20

2:30-4pm
Teen Hub

21

12:30-2pm
Caregiver
Crafternoon

22



23

CLOSED

24

10-11am
Baby Cafe
5-7pm
Parenting Journey

25

4:30-6pm
Family
Fun Night
4-6pm
Community Baby
Shower (Norfolk)

26

4-6:30pm
Nurturing Fathers

27

2:30-4pm
Teen Hub

28

12-1:30pm
Feel Good
Friday

29

CLOSED

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

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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Erika Cosgrove - Family Engagement Ambassador
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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**



Please note that between 12:30-2pm 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 Michelle 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

Backpack Pick Up

Register to receive backpacks filled with school supplies for each child. You must register to receive backpack. While supplies last.

WHOLE FAMILY EVENTS

Family Game Night

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.

Baby Cafe

An infant and family playgroup for babies ages 0-12 months and their caregivers. Families can connect, play, share experiences, and build community in a welcoming and supportive environment.

North Attleboro Farmers Market

The FRC will be spending our Summer Saturdays at the North Attleboro Farmers Market from 9am-1pm. Come by 43 South Washington Street, North Attleboro, MA 02760 to say hi and check out the fun!

Downtown Back to School Event

It's back! Celebrate the return of school and connect with downtown businesses and organizations. Check the City calendar for more information!

CAREGIVER SUPPORT

Community Baby Shower

Families, caregivers, and expectant parents are invited to attend this free Community Baby Shower. Receive baby essentials while supplies last, connect with local resources, enjoy refreshments and support services for growing families. See flyer for details.

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.

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.

Parenting Journey

12 week parenting course to build confidence, manage stress, explore positive parenting practices and strengthen family relationships

Nurturing Fathers

13-week group designed to support all parenting men with a focus on developing nurturing behaviors through shared experiences and meaningful conversations. Contact Megan if interested.

Caregiver Crafternoon

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.

Active Parenting of Teens

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. Contact Sydney if interested

DadLink (Virtual)

DadLink is a monthly, virtual drop-in time for dads and father figures to check-in and get the support they are looking for. Contact Megan if interested.

MONTHLY FOOD AND DIAPER PANTRY PICK-UP:

Wednesday, August 19th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

