

SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

1
4:30-6pm
Tween Scene

2 4-6:30pm
Nurturing Fathers
5-7pm
Closed Group

3
3:30-5
Rainbow Club

4
12:30-2pm
Caregiver
Crafternoon



8
4:30-6pm
Family
Fun Night

9
4-6:30pm
Nurturing
Fathers

10 12-1:30
Attendance
Matters
3:30-5
Rainbow Club

11
12-1:30pm
Feel Good
Friday

12
CLOSED

15
4:30-6pm
Tween Scene

16 9-5pm
Food & Diaper
Pantry Pick-Up
4-6:30pm
Nurturing Fathers
5-7pm
Closed Group



18
12-1pm
Grandparents
Raising
Grandchildren

19
10-11:30
Financial
Workshop

22
4:30-6pm
Family
Fun Night

23
4-6:30pm
Nurturing Fathers

24
3:30-5
Rainbow Club

25
12-1:30pm
Feel Good
Friday

26
CLOSED

29
4:30-6pm
Tween Scene

30
4-6:30pm
Nurturing Fathers



CLOSED

14 10-11am
Baby Cafe
5-7pm
Parenting Journey

21 10-11am
Baby Cafe
4-5pm
DadLink (Virtual)
5-7pm
Parenting Journey

28 10-11am
Baby Cafe
5-7pm
Parenting Journey

CLOSED

CLOSED

CLOSED

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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Michelle Rini - Family Support Worker
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cvoltaire@oldcolonyymca.org
Sydney Williams - School Liaison
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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

Rainbow Club

Safe, casual, and supportive space for ages 10-18 to connect, unwind, and build community. Whether you want to join in on fun activities like board games, arts and crafts, and movies, or just need an affirming space to hang out and be your authentic self, you are welcome here. No labels or expectations required—just show up as you are!

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

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!

Financial Workshop

"Making the Most of Every Dollar," a practical webinar that explores simple strategies for budgeting, banking, and managing money more effectively. Participants will gain actionable tips to help maximize their income, build stronger financial habits, and make more informed financial decisions

CAREGIVER SUPPORT

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.

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.

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, September 16th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

SCAN
ME

