NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 CLOSED	2 10-11am Baby Cafe 5-7pm Parenting Journey	3 4:30-6pm Family Fun Night	4 5-7pm Nurturing Families	5 3:30-5 Rainbow Club	6 12-1:30pm Feel Good Friday	7 CLOSED
8 CLOSED	9 10-11am Baby Cafe 5-7pm Parenting Journey	10 4:30-6pm Tween Scene	11 5-7pm Nurturing Families	12 12-1:30 Attendance Matters 3:30-5 Rainbow Club	13 12:30-2pm Caregiver Crafternoon	14 9-11am Open Office Hours
15 CLOSED	16 10-11am Baby Cafe 5-7pm Active Parenting 0-5	17 4:30-6pm Family Fun Night	18 9-5pm Food & Diaper Pantry Pick-Up 5-7pm Nurturing Families	19 3:30-5 Rainbow Club	20 10am-11:30 Grandparents Raising Grandchildren 12:30-5pm CLOSED	21 9-11am Thanksgiving Basket Pick Up
22 CLOSED	23 10-11am Baby Cafe 4-5pm DadLink (Virtual) 5-7pm Active Parenting 0-5	24 4:30-6pm Tween Scene	25 5-7pm No Extended Program	26 CLOSED	27 CLOSED	28 CLOSED
29 CLOSED	30 10-11am Baby Cafe 5-7pm Active Parenting 0-5					

THANKSGIVING BASKET PICK UP

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
dcosgrove@oldcolonyymca.org
Lynn Furtado - Program Manager
lfurtado@oldcolonyymca.org
Megan Barlow - Clinician
mbarlow@oldcolonyymca.org
Michelle Rini - Family Support Worker
mrini@oldcolonyymca.org
Carla Voltaire - Family Support Worker
cvoltaire@oldcolonyymca.org
Sydney Williams - School Liaison
swilliams@oldcolonyymca.org
Erika Cosgrove - Family Engagement Ambassador
ecosgrove@oldcolonyymca.org
General Email:
AttleboroFRC@oldcolonyymca.org

Other FRC Services:

Mental Health Referrals
Navigating School Systems
GATRA 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 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.

Thanksgiving Basket Pick Up

LIMITED QUANITITY - YOU MUST REGISTER
This year, we will be giving away limited amount of Thanksgiving baskets filled with side dishes to help complete your holiday meal. Baskets include sides only - no turkey will be provided.

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 Families

supports parents and caregivers in building stronger relationships with their children through positive communication, nurturing discipline, and healthy family practices.

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.

Active Parenting 0-5

Active Parenting 0-5 is a parenting education program designed to help parents and caregivers raise confident, cooperative, and resilient young children from birth to age five.

Monthly Food and Diaper Pantry Pick-Up:

Wednesday, November 18th

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

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

SCAN ME