



**February 2024 Attleboro Family Resource Center**  
**29 North Main Street, Attleboro MA (P) 774-203-1516**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2.  FRC Café 10am-12pm	3.  Black History Movie Day 11am-1pm
5.  Children's Play Group 10am-12pm  Encouraging Fathers 4:30pm-6pm	6.  Recharge Tuesday 4pm-6pm	7.  Black History Education 11am-12pm  Youth Grief Support 4pm-5pm	8.  Raft Application Assistance 10am-1pm  Grandparents Raising Grandchildren Support Group 10am-12pm	9.  FRC Café 10am-12pm	10.  <u>Closed</u>
12.  Mindfulness Workshop 5:30pm-7pm	13.  Craft Corner 3:30pm-5pm	14.   Pop- Up Pantry 9am-5pm  Valentine's Candle Creation 6pm-7:30pm	15.  Raft Application Assistance 10am-1pm  Conecciones Amistosas 4:30pm-6pm	16.  FRC Café 10am-12pm	17.  Attleboro Winter Night Festival Downtown Attleboro 4:30pm-7:30pm
19.  <u>Closed for President's Day!</u>	20.  Guided Meditation 5pm-6pm	21.  Future Forward 4:30pm-6pm	22.  Raft Application Assistance 10am-1pm  Grandparents Raising Grandchildren Support Group 10am-12pm	23.  FRC Café 10am-12pm  Arabic Support Group 10am-12pm	24.  <u>Closed</u>
26.  Children's Playgroup 10am-12pm  Motivational Monday 4:30pm-6pm	27.  Conecciones Amistosas 10am-11:30am  Craft Corner 3:30pm-5pm	28.  Weekday Game Night 4:30pm-6:30pm			

**Hours of Operation:** Monday through Friday: 9am-5pm, Saturday: appointment or event only (Saturday 2/3 & 2/17)  
**Walk-In Hours of Operation:** Monday through Friday, 9am-5pm, and during Saturday events

[Find us on Facebook at www.facebook.com/FRCTaunton](https://www.facebook.com/FRCTaunton)

**Children's Playgroup (In-Person): Ages 0-5.** Weekly, informal play-time for young children and their parent's to meet and socialize in the community while building new connections. To participate contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

**Crafts Corner (In-Person):** Let your creativity flow and create something magical. Every first and last Wednesday of the month. To participate, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Black History Movie Day (In-Person):** Join us to watch an interactive movie as we learn more about black history. Refreshment will be provided. To register contact: Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Mindfulness Workshop (In-Person):** Do you feel mindFULL or mindful? A workshop for caregivers to learn mindfulness and coping strategies to deal with daily life stressors. To register contact: Belma [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**Black History Education (In-Person):** Come learn more about pioneers who invented some of things that we utilize on a daily basis. To register contact: Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**RAFT Rental Application Assistance (In-Person):** Our Family Support Workers are available to help you navigate the RAFT application process! They will meet with you to review requirements, organize documents needed, and provide support while you apply for the rental assistance program through RAFT. To register, contact: Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org) or Belma [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**Future Forward (In-Person) Ages 13-18.** A group for teens to come and engage as they learn different life skills as they step into adulthood. To register contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Encouraging Father's Group (In-Person):** A group for father and their children to interact, share, support and encourage one another. To register contact Rob [rmignacca@oldcolonyymca.org](mailto:rmignacca@oldcolonyymca.org)

**Recharge Tuesday (In-Person):** This teen group will focus on different forms of self-care, recharging tools and techniques. To register contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org) or Belma [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**FRC Café (In-Person):** Join us for our weekly café and conversation. Meet new people and create new connections. To participate, contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

**Pop-Up Food Pantry (In-Person):** Meal care packages will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org) by 2/12/24.

**Guided Meditation (In-Person):** Have you been trying to find ways to ground yourself? If so, come join us for a guided meditation. To register contact Belma [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**Motivational Monday (In-Person):** Setting yourself up for success in the New Year! Come learn how to create obtainable goals for yourself and develop skills to make progress toward positive change. To register, contact Belma [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**Weekday Game Night (In-Person):** Join us for an afternoon of games & laughs at the Attleboro FRC! To register contact: Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

**Conecciones Amistosas:** Reunión para aquellas personas que quieren hacer conecciones con otras personas en la comunidad para crear un grupo de soporte. Por favor contactar a la persona encargada para Rejistracion. [bmoreira@oldcolonyymca.org](mailto:bmoreira@oldcolonyymca.org)

**Grandparent Raising Grandchildren Support Group (In-Person):** 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. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Youth Grief Support Group(In-Person):** This is a once a month support group hosted by Hope Health to support teens navigate losses and grief. To register contact Rob [rmignacca@oldcolonyymca.org](mailto:rmignacca@oldcolonyymca.org)

**Arabic Support Group (In-Person):** If Arabic is your first language and need would like someone to talk to you, come going the Arabic support group at the FRC. This support group is hosted by Lily our admin assistant and she is fluent in Arabic. To participate contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

**Attleboro Winter Night Festival (in-Person):** Stop by Attleboro Downtown for a night full of festivities including pony rides, ice sculpting, bumper cars and more! Free Admission

