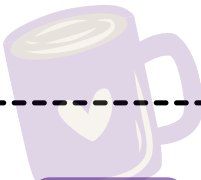
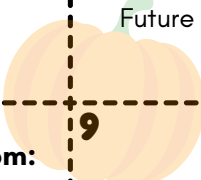



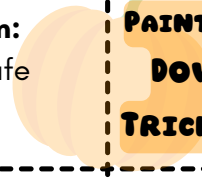
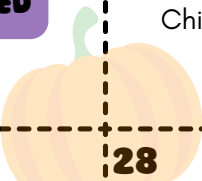





OCTOBER

SUN MON TUE WED THU FRI SAT

 <p>6 CLOSED</p>	<p>7 10am-12pm: Childrens Play Group</p>	<p>1 4:30-6:30pm: Tween Tuesday</p>	<p>2 5-7 Future Forward</p> 	<p>3 10am-1pm: RAFT Application Asistance 5-7 Craft Corner</p>	<p>4 10-12pm: FRC Cafe</p> 	<p>5 11-1 HOCUSPOCUS MOVIE DAY</p>
<p>6 CLOSED</p>	<p>7 10am-12pm: Childrens Play Group</p>	<p>8 10:30-12:30pm: Encouraging Fathers 4:30-6:30pm: Tween Tuesday</p>	<p>9 5-7 Arabic Support Group</p>	<p>10 10am-1pm: RAFT Application Asistance 5-7 Future Forward</p> 	<p>11 10-12pm: FRC Cafe</p>	<p>12 CLOSED</p>
<p>13 CLOSED</p>	<p>14  CLOSED IN OBSERVANCE</p>	<p>15 2-4: Healthy Relationships for Teens 4:30-6:30pm: Tween Tuesday</p>	<p>16 9am-5pm: Diaper/Food Pantry Distribution 5-7pm Wellness Wednesday</p>	<p>17 12-1:30 Grandparents Raising Grandchildren Group 10am-1pm: RAFT Application Asistance 5-7pm Book Club</p>	<p>18 10-12pm: FRC Cafe</p> 	<p>19 1-5PM PAINT A PUMPKIN DOWNTOWN TRICK OR TREAT</p>
<p>20 CLOSED</p>	<p>21 10am-12pm: Childrens Play Group</p> 	<p>22 10:30-12:30pm: Encouraging Fathers 4:30-6:30pm: Tween Tuesday</p>	<p>23 4-5pm Youth Grief Support Group 5-7pm Arabic Support Group</p>	<p>24 10am-1pm: RAFT Application Asistance 5-7pm Craft Corner</p> 	<p>25 10-12pm: FRC Cafe</p>	<p>26 CLOSED</p>
<p>27 CLOSED</p>	<p>28 10am-12pm: Childrens Play Group</p>	<p>29 4:30-6:30pm: Tween Tuesday</p>	<p>30 5-7pm Healthy Relationships for Teens</p> 	<p>31 9am-7pm Halloween Treat Bag Pickup 5-7pm Halloween Movie Night</p>		

Children's Playgroup: 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 Sydney: swilliams@oldcolonyymca.org

Crafts Corner : Let your creativity flow and create something magical. A space for everyone to come and enjoy their favorite crafts. To participate, contact Sydney swilliams@oldcolonyymca.org.

FRC Book Club : Join us for our monthly book club. Where we read together, meet new people and learn from one another as well as our books. To register contact Sydney: swilliams@oldcolonyymca.org

RAFT Rental Application Assistance: 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

Wellness Wednesday: Do you feel mindFULL or mindful? A workshop for caregivers to learn mindfulness and coping strategies to deal with daily life stressors and improve their wellness. To register contact: Gladys gmaina@oldcolonyymca.org

Future Forward: 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 Sydney swilliams@oldcolonyymca.org

Encouraging Father's Group: A group for father and their children to interact, share, support and encourage one another. To register contact Rob rmignacca@oldcolonyymca.org

Tween Tuesday: This group is for tweens ages 9-12. Join us for snacks, fun, and activities of all kinds! We will play games, do crafts, and overall have a blast! To register contact Sydney: swilliams@oldcolonyymca.org.

FRC Café: Join us for our weekly café and conversation. Meet new people and create new connections. To participate, contact Lily lrazik@oldcolonyymca.org

Pop-Up Food Pantry: 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.

Diaper Distribution: In need of diapers? We got you! Stop by the FRC on the third Wednesday of the month during business hours. To register, contact Gladys gmaina@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

Arabic Support Group: If Arabic is your first language and need would like someone to talk to you, come to the Arabic support group at the FRC. Lily, our Family Engagement Ambassador is fluent in Arabic. To participate contact Lily lrazik@oldcolonyymca.org

Healthy Relationships: A safe space for teens to discuss healthy relationships, boundaries, safety, resources and much more. To register, please contact Sydney swilliams@oldcolonyymca.org

Hocus Pocus Movie Night: Join us to kick off spooky-season with pizza and everybodys favorite halloween movie...Hocus Pocus! To register contact Sydney: swilliams@oldcolonyymca.org

Youth Greif Support Group: Youth Grief Support Group: 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

Pumpkin Painting & Downtown Trick-or-Treat: We are participating in the City of Attleboro Downtown Trick-or-Treat! Stop by our spook-tacular office for a treat and while youre here get into the fall spirit and show your creative side while you paint a pumpkin.

Halloween Treat Bags: We'll be open 9am-7pm ready to hand out all the treats and no tricks! Stop by to pick up a Halloween treat bag. Then, at 5pm we start the classic Nightmare Before Christmas. If you are interested. email Sydney to register: swilliams@oldcolonyymca.org

29 North Main Street, Attleboro MA

(P) 774-203-1516

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only

