



## January 2024 Attleboro Family Resource Center

### 29 North Main Street, Attleboro MA (P) 774-203-1516

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. <u>Closed in observance for New Years</u></p> <p>Happy New Year!</p>	<p>2. <u>Family Assessment &amp; Support Planning</u> 10am-1pm</p> <p><u>Craft Corner</u> 3:30pm-5pm</p>	<p>3. <u>Mindfulness Workshop</u> 5:30pm-7pm</p>	<p>4. <u>Raft Application Assistance</u> 10am-1pm <u>Encouraging Fathers Group</u> 4pm-6pm</p>	<p>5. <u>FRC Café</u> 10am-12pm</p>	<p>6. <u>Winter Family Celebration</u> 10:30am-12:30pm</p>
<p>8. <u>Children's Play Group</u> 10am-12pm</p> <p><u>Future Forward</u> 4:30pm-6pm</p>	<p>9. <u>Family Assessment &amp; Support Planning</u> 10am-1pm</p> <p><u>Recharge Tuesday</u> 4pm-6pm</p>	<p>10. <u>Youth Grief Support</u> 4pm-5pm</p>	<p>11. <u>Raft Application Assistance</u> 10am-1pm <u>Grandparents Raising Grandchildren</u> 10am-12pm</p>	<p>12. <u>FRC Café</u> 10am-12pm</p>	<p>13. <u>Closed</u></p>
<p>15. <u>Closed in Observance of Martin Luther King Day</u></p>	<p>16. <u>Family Assessment &amp; Support Planning</u> 10am-1pm</p> <p>Craft Corner 3:30pm-5pm</p>	<p>17. <u>Pop- Up Pantry</u> 9am-5pm</p> <p><u>Beginning the Conversation: Understanding Depression</u> 6pm-7:30pm</p>	<p>18. <u>Raft Application Assistance</u> 10am-1pm</p> <p><u>Conecciones Amistosas</u> 4:30pm-6pm</p>	<p>19. <u>FRC Café</u> 10am-12pm</p>	<p>20. <u>Create your own vision board</u> 11am -1pm</p>
<p>22. <u>Children's Playgroup</u> 10am-12pm</p> <p><u>Future Forward</u> 4:30pm-6pm</p>	<p>23. <u>Family Assessment &amp; Support Planning</u> 10am-1pm</p>	<p>24. <u>YOUTH/TEEN Choice Group</u> 3:30pm – 6:30pm</p>	<p>25. <u>Raft Application Assistance</u> 10am-1pm</p> <p><u>Grandparents Raising Grandchildren</u> 10am-12pm</p>	<p>26. <u>FRC Café</u> 10am-12pm</p> <p><u>Arabic Speaking Support Group</u> 10am-12pm</p>	<p>27. <u>Closed</u></p>
<p>29. <u>Children's Playgroup</u> 10am-12pm <u>Motivational Monday</u> 4:30pm-6pm</p>	<p>30. <u>Family Assessment &amp; Support Planning</u> 10am-1pm</p>	<p>31. <u>Uke Group</u> 4:30pm-6:30pm</p>			

**Hours of Operation:** Monday through Friday: 9am-5pm, Saturday: appointment or event only (Saturday 1/6 & 1/20)  
**Walk-In Hours of Operation:** Monday through Friday, 9am-5pm, and during Saturday events

**Find us on Facebook at [www.facebook.com/FRCTaunton](http://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.. To participate, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org) or Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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: Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@oldcolonyymca.org)

**Family Assessment & Support Planning (In-Person):** Are you a caregiver to a child/adolescent struggling at home, in the community, or at school? Our FRC team is here to help! Schedule an appointment with our Clinician, Ron. He will meet with you to hear and understand your concerns, assess needs, and help you create an action plan of support. To register contact: Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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)

**Beginning the Conversation-Understanding Depression (In-Person):** A monthly workshop designed to educate about various mental health diagnoses and ways to help you and your loved ones cope. To participate contact: Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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 Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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 1/12/24.

**Teens Afternoon (In-Person):** Join us for board, card and video games. Refreshments and pizza will be provided. To participate contact Rob [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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 Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@oldcolonyymca.org)

**Uke Group (In-Person):** Ever wanted to learn an instrument? This group teaches you the basic skills needed to play the ukulele. You'll be playing a song by the end of the session! To register, contact Ron [rmuccitelli@oldcolonyymca.org](mailto:rmuccitelli@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 (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)

**Winter Family Celebration (In-person):** Come celebrate the New Year with the FRC and play video games, board games and so much more. To register, contact Lily, [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

**Vision Board (In-Person):** Have a New Year's Goal? Come create a vision board to help you achieve your goals and manifest your dreams. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Arabic Support Group (In-Person):** A general support group to learn about community resources and to strengthen connections. Facilitated by Lily in Arabic. To participate contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org)

