

ALL PROGRAMS FREE FOR FAMILIES

JANUARY 2024

*The FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!*



CLINICAL
& SUPPORT
OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED HAPPY NEW YEAR! 1	3-4 Color By Number 3:30-5:30 Parenting Journey Session 12 2	*11-12 Book Club 4:30-5:30 Young Parent Meet & Greet 4:30-5:30 Playdough Making 3	4-5 Teen Thursdays 5:30-6:30 Chess Club 4	9:30-11 Dad & Me 3:30-4:30 Free Choice 5	9-12 Basic Needs Day 6
7	9:30-11 Infant Toddler Story Time 10-11 Coffee and Chat 8	3-4 Color By Number 4:30-5:30 Yoga for Kids 9	*11-12 Book Club 4:30-5:30 Young Parent 10	4-5 Teen Thursdays *5-6 Family Dinner 5:30-6:30 Chess Club 11	10-11 Kinship Support Group 3:30-4:30 Free Choice 12	13
14	CLOSED MLK DAY 15	*10-2 National Grid 3-4 Color By Number 16	*11-12 Book Club 4:30-5:30 Family Bingo 17	4-5 Teen Thursdays 5-6:30 Theatre Thursday: Frozen 18	9:30-11 Dad & Me 3:30-4:30 Free Choice 19	9-12 Movie Day: Frozen 2 20
21	9:30-11 Infant Toddler Story Time 10-11 Coffee and Chat 22	3-4 Color By Number 4:30-5:30 Yoga for Kids 23	*11-12 Book Club 4:30-5:30 Young Parent Meet & Greet 24	4-5 Teen Thursdays *5:30-6:30 Financial Wellness: Budgeting 25	10-11 Kinship Support Group 3:30-4:30 Free Choice 26	27
28	9:30-11 Infant Toddler Story Time 10-11 Grandparents Raising Grandchildren Support Group 29	9-4 Drop In Hours 3-4 Color By Number 30	*11-12 Book Club 4:30-5:30 Young Parent Meet & Greet 4:30-5:30 Finger Painting 31	Wilson Reading Tutoring Available– Call for an appointment! Call Us: 978-730-1275		

PROGRAM DESCRIPTIONS

FAMILY ACTIVITIES

***Family Dinner—Multiple Staff**

Join the FRC staff for dinner!

Registration required by 1/9, call today!

Thursday, 1/11 @ 5 pm

Color by Number—Multiple Staff

Come color followed by “snack-chat”.

Tuesdays, @ 3 pm

Free Choice—Multiple Staff

Join us for fun with 2 choices for activities.

Fridays, @ 3:30 pm

Theatre Thursday—Multiple Staff

1/18 @ 5-6:30 pm

This month: Frozen

Family Movie—Multiple Staff

Join the FRC staff for a Saturday morning movie and breakfast. **Saturday, 1/20 @ 9:30 am**

Yoga for Kids—Chloe

Free time to practice yoga mindfulness.

Tuesday, 1/9 & 1/23 @ 4:30 pm

Family Bingo—Multiple Staff

Come play bingo with the FRC!

Wednesday, 1/17 @ 4:30 pm

Basic Needs Day—Multiple Staff

Drop in to the FRC for basic needs like toiletries and diapers!

Saturday, 1/6 @ 9

YOUTH SUPPORT

Infant/Toddler Time —Multiple Staff

Story or activity time for infants and toddlers which can include craft, music, and play.

Mondays, @ 9:30 am

Dad & Me—Cathy

A playgroup for male caregivers and their preschool aged children.

Fridays, 1/5, 1/19, @ 9:30 am

TEEN ACTIVITIES

Teen Thursdays—Multiple Staff

Drop in for rotating selection of video games, board games & cornhole. **Including chess club on 1/4 and 1/11 5:30-6:30 pm**

Thursdays, @ 4 pm

EDUCATION

STEAM Playdough Making & Finger Painting—

Multiple Staff

Join us for Playdough making and finger painting.

Wednesdays, 1/3 & 1/31 @ 4:30 pm

LIFE SKILLS

***Worker's Credit Union Financial Wellness—Glenn**

Overview of FREE services: This month, basics of budgeting.

Registration required, childcare provided.

Thursday, 1/25 @ 5:30 pm

National Grid—National Grid Reps

Meet one on one with National Grid Reps about your energy bill.

Tuesday, 1/16 @ 10 am

CAREGIVER SUPPORT

Young Parent Meet & Greet—Josie

A time for young parents to connect, make friends, and support each other in a welcoming environment.

Wednesdays, @ 4:30 pm Excluding 1/17

Grandparents Raising Grandkids—Cathy

Meet other grandparents and explore various topics around raising grandchildren.

Monday, 1/15 & 1/29 @ 10 am

Kinship Support Group—Cathy

Meet other kinship caregivers and explore various topics around raising children.

Fridays, 1/12 & 1/26 @ 10 am

Coffee & Chat—Multiple staff

Meet other parents/guardians and explore various topics. Childcare available.

Mondays, 1/8 & 1/22 @ 10 am

***Book Club—Josie**

Engaging discussion about the book of the month. Books available at the Center from the Gardner Library.



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Gardner Family Resource Center
205 School Street, Suite 301, Gardner
978-730-1275

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