

# Nantucket Family Resource Center March 2021



1 Freedom Square – Suite B, Nantucket, MA 02554  
 Mon: 9 a.m. to 5 p.m. Tues: 10 a.m. to 6 p.m.  
 Weds: 9 a.m. to 5 p.m. Thurs: 9 a.m. to 5 p.m. Fri: 9 a.m. to 5 p.m.  
 First Saturday of each month 10 a.m. to 12 p.m.



Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 School Q & A Series 1:00-2:00 pm  Active Parenting 4 <sup>th</sup> Edition 1:00 – 2:30 pm  Resource Table Talk 3:00-4:00 pm	2 Fun and Games 3:00-4:00 pm  Single Parents Support Group 5:00-6:00 pm	3 A Baby Center 10:30-2:00 pm  Little Artists 11:00-12:00 pm  Nurturing Fathers 6:00-8:00 pm	4 Family Café 11:00-12:00 pm  Grandparents Raising Grandchildren 12:00-1:00 pm  Elephant in the Room 4:00 – 5:00 pm	5 ACK Teens 8:30-9:15 am  Nature Crafts 11:00 - 12:00 pm	6 NFRC Open 10:00 – 12:00 pm  Dads' Squad 10:15-11:00 am
8 School Q & A Series 1:00-2:00 pm  Resource Table Talk 3:00-4:00 pm	9 Fun and Games 3:00-4:00 pm  Dads' Talk 6:30-7:30 pm	10 A Baby Center 10:30-2:00 pm  Little Artists 11:00-12:00 pm  Nurturing Fathers 6:00-8:00 pm	11 Family Café 11:00-12:00 pm  Elephant in the Room 4:00 – 5:00 pm	12 ACK Teens 8:30-9:15 am  Nature Crafts 11:00 - 12:00 pm	13 
Family Fun DIY Kits Available for Pick-up March 8 <sup>th</sup> -12 <sup>th</sup> during business hours. Call 508-815-5115 to Register.					
15 School Q & A Series 1:00-2:00 pm  Resource Table Talk 3:00-4:00 pm	16 Fun and Games 3:00-4:00 pm  Family Movie Night Pick-up from 10:30-5:30 PM	17 A Baby Center 10:30-2:00 pm  Little Artists 11:00-12:00 pm  Nurturing Fathers 6:00-8:00 pm	18 Family Café 11:00-12:00 pm  Elephant in the Room 4:00 – 5:00 pm	19 ACK Teens 8:30-9:15 am  Nature Crafts 11:00 - 12:00 pm  Mindfulness Hour 12:00 – 1:00 pm	20 
22 School Q & A Series 1:00-2:00 pm  Resource Table Talk 3:00-4:00 pm	23 Fun and Games 3:00-4:00 pm  Grandparents Raising Grandchildren 5:00-6:00 pm	24 A Baby Center 10:30-2:00 pm  Little Artists 11:00-12:00 pm  Nurturing Fathers 6:00-8:00 pm	25 Family Café 11:00-12:00 pm  Elephant in the Room 4:00 – 5:00 pm  Anger Management Support 5:00-6:00 pm	26 ACK Teens 8:30-9:15 am  Nature Crafts 11:00 - 12:00 pm	27 <p style="text-align: center; color: red;">                         For additional                          information on any of                          our programs, please                          see the reverse side, or                          contact us at                          508-815-5115.                     </p>
29 School Q & A Series 1:00-2:00 pm  Resource Table Talk 3:00-4:00 pm	30 Fun and Games 3:00-4:00 pm  Sweet Creations 5:00-6:00 pm	31 A Baby Center 10:30-2:00 pm  Little Artists 11:00-12:00 pm  Nurturing Fathers 6:00-8:00 pm			



## Coats! Chaquetas! Casacos!



**Need a coat? Necesito una chaqueta? Preciso de um casaco?**

**Call: Llamada: Ligue: 508-815-5115**

# Nantucket Family Resource Center March 2021

## ACK Teens

This group is open to teens 13-18 years old who are interested in learning life skills, engaging in stimulating conversation and connecting with other teens. This will be offered in an online platform. Registration is required as limited spots are available, call 508-815-5115 to register.

## Mindfulness Hour

Come as you are for an hour of your day to peacefully turn inward as we engage in the many practices and benefits of mindfulness. This group will be offered in an online platform. Call 508-815-5115 to register.

## Nature Crafts

Come and join us for an interactive craft class! Families are encouraged to go outside and participate in a scavenger hunt for materials to use during the class. With guidance, imagination, and a few items, fun crafts can be accomplished. For more information, and to register, please contact us at 508-815-5115.

## Nurturing Fathers

This group is designed for Dads and father figures at a time when stress can be high, life is unpredictable, and there is less social time in our lives. Registration is required, this will be offered in an online platform. For more information please contact us at 508-815-5115.

## Resource Table Talk

Join our team and occasional special guest to discuss local resources for food and household supplies, housing, utilities, technology, and education. Registration is required. This will be offered in an online platform. To register call 508-815-5115.

## School Question & Answer Series

Grab a cup of coffee or tea and join our School Liaison for this weekly Q & A session. Bring your questions and concerns regarding school to get advice and guidance. This will be offered in an online platform. To register and get the link call 508-815-5115.

## Sweet Creations

Join us for a virtual ice cream social or sweet treat activity! We will provide the ice cream or sweet treats for your family. This will be offered in an online platform. Registration is required as limited spots are available, call 508-815-115 to register.

## A Baby Center

We are excited to be collaborating with A Baby Center to bring a weekly diaper pantry to island families! Wednesday each week, 10:30 to 2:00pm. For more information call 508-737-5406 or email [abcnantucket@gmail.com](mailto:abcnantucket@gmail.com).

## Anger Management

This 8 week program for teens uses peer supports, psychoeducation, and therapeutic techniques to help explore, manage, and transform anger. This group will be offered in an online platform. Call 508-815-5115 to register.

## Dads' Squad

Fathers, father figures, and their kids join us virtually on the first Saturday of the month. This month we will learn about playful Leprechauns and make some crafts. For more information, and to register, call 508-815-5115.

## Elephant in the Room

Elephant in the Room is a virtual support group for children ages 9–12 years old who have been impacted by a family member's substance use or addiction. The group will run for 6-8 weeks, and is facilitated by our clinician. For more information, and to register, please contact us at 508-815-5115.

## Fun and Games

Kids 7-11 years old come join us weekly for activities, games, crafts, and social time. This will be offered in an online platform. To register call 508-815-5115.

## Family Fun DIY Kits

Create lasting memories with these free take-home kits full of activities the whole family will love. Register by calling 508-815-5115.

## Grandparents Raising Grandchildren

Grandparents raising grandchildren and other non-traditional caregivers are invited to join us at this bi-monthly support group to share your struggles and successes, and to learn about resources available to your family. This will be offered in an online platform. To register call 508-815-5115, or email [enorton@familycontinuity.org](mailto:enorton@familycontinuity.org).

## Little Artists

Join us virtually to create fun art projects designed for children ages 2-8 years old. These are hands-on activities to teach basic art skills. This will be offered in an online platform. For more information, and to register, please contact us at 508-815-5115.

What lies behind you and what lies in front of you,  
pales in comparison to what lies inside of you.  
-Ralph Waldo Emerson