



February 2024

Sunday	Monday 8-6	Tuesday 9-5	Wednesday 8-6	Thursday 9-5	Friday 8-2	Saturday
				1	2 Open Playroom 9-2	3 Men's Circle 8-9 In the Herd-Equine Program (Off Island)
4	5 Bilingual Playgroup 10:30-11:30 Open Playroom 12-5	6 Breastfeeding Support 9:30-10:30 Senior Stand Up at the Saltmarsh 1:30-3:30 Open Playroom 11-5	7 A Baby Center 10-3 Grandparents Support Group 3-4 Open Playroom 9-5	8 Open Playroom 9-5 Teen Trials and Triumphs 4-5	9 Open Playroom 9-2	FRC OPEN 9-12 10 Men's Circle 8-9 In the Herd-Equine Program (Off Island)
11	12 Bilingual Playgroup 10:30-11:30 Open Playroom 12-5	13 Breastfeeding Support 9:30-10:30 Open Playroom 11-5 Valentines @ Atheneum 4-5:30	14 A Baby Center 10-3 Open Playroom 9-5 Parentines 2-3:30	15 Open Playroom 9-5 Teen Trials and Triumphs 4-5	16 Open Playroom 9-2	17 Men's Circle 8-9 In the Herd-Equine Program (Off Island)
18	19 CLOSED Presidents Day	20 Breastfeeding Support 9:30-10:30 Open Playroom 11-5	21 A Baby Center 10-3 Grandparents Support Group 3-4 Open Playroom 9-5	22 Open Playroom 9-5 Teen Trials and Triumphs 4-5	23 Open Playroom 9-2 Community Coffee Hour 9:30-10:30	FRC OPEN 9-12 24 Men's Circle 8-9 In the Herd-Equine Program (Off Island)
25	26 Bilingual Playgroup 10:30-11:30 Open Playroom 12-5	27 Breastfeeding Support 9:30-10:30 Senior Stand Up at the Saltmarsh 1:30-3:30 Open Playroom 11-5	28 A Baby Center 10-3 Open Playroom 9-5	29 Open Playroom 9-5 Teen Trials and Triumphs 4-5 Parenting Journey 6-8		

- **A Baby Center** - A Baby Center The Diaper Bank of Cape Cod, Nantucket, & Martha's Vineyard. Must be registered for services. Wednesdays by Appointment Only 10AM-3PM. Visit www.ababycenter.org for More Information.
- **Teen Trials and Triumphs** - Connect with other teens who've faced adversity. Share your story, gain life skills, and have fun in a judgment-free zone. Registration Required.
- **Open Playroom** - Parents, grandparents, and caregivers are encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities. No registration required. We look forward to seeing you!
- **Men's Circle** - A space for men to come together in genuine support of one another led by Licensed Clinical Social Worker, David Hayes. Topics will be generated organically with a focus on what it means to be a man in this world and how we can more authentically open up to one another. Together we are stronger and all are welcome. Hosted at Supta Yoga, 9 Amelia Drive. Registration required.
- **In The Herd (Off Island)** - *In The Herd Cape Cod is determined to impact the mental health and substance abuse crisis on cape and islands with experiential learning incorporating horses and nature to provide a safe space for all ages to find mental wellness in all aspects of life. Intake and registration required for participation.*
- **Bilingual Playgroup** - Parents, grandparents, and caregivers are encouraged to bring along the young ones in their life to utilize our amazing, developmentally appropriate playroom. This space is reserved for those in early childhood of all abilities. No appointment is necessary.
- **Breastfeeding Support** - Offered through WIC.
- **Valentines at Nantucket Atheneum** - Join the Nantucket Atheneum and the Family Resource Center to design your very own vision board for the new year! Registration is required through the Atheneum website. Intended for 6th grade and up.
- **Grandparents Raising Grandkids Support** - Please join us in a grandparent led support group. Meet and build connections with other grandparents raising their grandchildren in our community. Grandchildren are welcome! A theatrical read-aloud will be held in our playroom while grandparents socialize and provide mutual self-help. Registration required.
- **Drop-In Hours (Free Clinician)** - Make an appointment or stop by to speak to our free in-house clinician David Hayes.
- **Senior Stand-Up at the Saltmarsh Center** - The Family Resource Center is proud to host a Stand Up Comedy Workshop at the Saltmarsh Center. Local comedians David Hayes & John Eboli will work with you to develop a five minute stand up comedy routine over the course of six sessions. The workshop will conclude with a comedy show at the Saltmarsh Center! David and John are excited to work with anyone who has a humorous story to tell and the courage to get up on stage and share it with the world. Don't miss this opportunity to tell everyone what you really think. Required Registration. Preferred commitment to all 6 classes. It would be available for anyone over 60. They would register by calling the Saltmarsh at 508-228-4490. Dates: 01/23/24, 01/30/24, 02/06/24, 02/27/24, 03/05/24, and 03/26/24.
- **Palentines**- Come and join us for a sensory friendly Valentines Celebration! Early childhood
- **Community Coffee Hour** – In honor of Black History Month, we will be hosting a community coffee hour open to those that would like to come and discuss.

