

<https://www.nantucketfamilyresourcecenter.org/> * (508) 221-0193 * 1B Freedom Square, Nantucket, MA 02554



May 2024

Sunday	Monday 8-6	Tuesday 9-5	Wednesday 8-6	Thursday 9-5	Friday 8-2	Saturday
			1 A Baby Center 10-3 Grandparents Support Group 3-4	2 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teens (TBD)	3 Open Playroom 9-2	4 In the Herd-Equine Men's Circle 8-9
5	6 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	7 Breastfeeding Support 9:30-10:30 Open Playroom 11-5 Parent to Parent Support Group 6-7	8 A Baby Center 10-3 Ask A Nurse 4:30-5:30	9 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Mothers Day Celebration 3-4:30 Teens (TBD)	10 Open Playroom 9-2	11 In the Herd-Equine Men's Circle 8-9
12	13 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	14 Breastfeeding Support 9:30-10:30 Open Playroom 11-5 Atheneum Collab(TBD)	15 A Baby Center 10-3 Community Baby Shower 4-6	16 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teens (TBD)	17 Open Playroom 9-2	18 In the Herd-Equine Men's Circle 8-9
19	20 Mommy & Me Playgroup 10:30-11:30 Open Playroom 12-5	21 Breastfeeding Support 9:30-10:30 Open Playroom 11-5	22 A Baby Center 10-3 Ask A Nurse 4:30-5:30	23 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teens (TBD)	24 Open Playroom 9-2	25 In the Herd-Equine Men's Circle 8-9

26	27 CLOSED?	28 Breastfeeding Support 9:30-10:30 Open Playroom 11-5	29 A Baby Center 10-3 Grandparents Support Group 3-4	30 Open Playroom 9-5 Drop-In Hours (free clinician) 9-12 Teens (TBD)	31 Open Playroom 9-2	
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- **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!
- **Breastfeeding Support** - Offered through WIC.
- **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.
- **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.
- **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.*
- **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.
- **Ask A Nurse** - Nurses from the Nantucket Cottage Hospital will be at the Nantucket Family Resource Center. Services offered include: Blood pressure checks, Baby weight checks, Medication review, Breastfeeding and pumping support, Trimester focused prenatal education, Support with work leave/ PFML applications for maternity or medical leave, Diabetes medication management support, Nutrition education, Assistance navigating healthcare on island, Assistance connecting with local support and resources for individuals of all ages, If unable to attend in person, please contact Kelsea Gray – kgray@capecodhealth.org – 774-487-0742 for in home visit information.
- **Drop-In Hours (Free Clinician)** - Make an appointment or stop by to speak to our free in-house clinician David Hayes.
- **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.
- **Community Baby Shower** - In the spirit of a traditional baby shower, the Community Baby Shower, is a celebration for new and expectant mothers. The purpose of the event is to serve low-income families, providing baby essentials, supplies and access to local resources that will help give them a stronger start to parenthood. Hosted at the Nantucket Community School 56 Centre Street. New or expecting mothers please register at <https://www.capeandislandsuw.org/baby2024>
- **Parent to Parent Support Group** – A parent support group for children 0-13 with special needs, facilitated by Jeanine Fitzgerlad. A new opportunity to make connections and learn from each other. Please register by email fsc@mvcommunityservices.org
- **Mommy & Me Playgroup** – In honor of Mother's day, for the month of May, Mothers and Grandmothers 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.
- **Atheneum Collab** – (event, time TBD)
- **Teens** – (TBD)