



November 2023 Attleboro Family Resource Center

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p style="text-align: center;">1 Craft Corner 3pm-4:30pm Active Parenting of Teens 5:30pm-7:30pm</p>	<p style="text-align: center;">2 Family Assessment & Support Planning 10am-1pm FRC Book Club 3:30pm-4:30pm</p>	<p style="text-align: center;">3 FRC Café 10am-12pm</p>	<p style="text-align: center;">4 Family Bingo 11am-1pm</p>
<p style="text-align: center;">6 Children's Play Group 10am-12pm</p>	<p style="text-align: center;">7 Family Assessment & Support Planning 10am-1pm Mindfulness Workshop 5:30pm-7pm</p>	<p style="text-align: center;">8 Active Parenting of Teens 5:30pm-7:30pm</p>	<p style="text-align: center;">9 Raft Application Assistance 10am-1pm Grandparents Raising Grandchildren 5pm-7pm</p>	<p style="text-align: center;">10 <u>Closed In Observance of Veterans Day</u></p>	<p style="text-align: center;">11 <u>Closed</u></p>
<p style="text-align: center;">13 Children's Play Group 10am-12pm Future Forward 4:30pm-6pm</p>	<p style="text-align: center;">14 Recharge Tuesday 3pm-4:30pm</p>	<p style="text-align: center;">15 Pop-Up Pantry Day *call by 11/13 to register* Youth Grief Support Group 4pm-5pm Active Parenting of Teens 5:30pm-7:30pm</p>	<p style="text-align: center;">16 Family Assessment & Support Planning 10am-1pm Sensory Activity Day 3:30pm-5pm</p>	<p style="text-align: center;">17 FRC Café 10am-12pm Beginning the Conversation: Understanding Depression 6pm-7:30pm</p>	<p style="text-align: center;">18 Friendsgiving Feast! 11am-1pm</p>
<p style="text-align: center;">20 Children's Play Group 10am-12pm</p>	<p style="text-align: center;">21 Family Assessment & Support Planning 10am-1pm Make Your Own Thanksgiving Place Mat 4pm-6pm</p>	<p style="text-align: center;">22 Nurturing Fathers 5:30pm-7:30pm</p>	<p style="text-align: center;">23 <u>Closed In Observance of Thanksgiving</u> <u>Wishing you & your family a wonderful Thanksgiving!</u></p>	<p style="text-align: center;">24 FRC Café 10am-12pm</p>	<p style="text-align: center;">25 <u>Closed</u></p>
<p style="text-align: center;">27 Children's Play Group 10am-12pm Future Forward 4:30pm-6pm</p>	<p style="text-align: center;">28 Grupo De Apoyo Para Padres 5:30pm-7pm</p>	<p style="text-align: center;">29 Nurturing Fathers 5:30pm-7:30pm</p>	<p style="text-align: center;">30 Grandparents Raising Grandchildren 5pm-7pm</p>		

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only (Saturday 11/4 & 11/18)
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 register contact: Gladys gmaina@oldcolonyymca.org

Craft Corner (In-Person): Let your creativity flow and create something magical. Every first and third Wednesday of the month. To register contact: Gladys gmaina@oldcolonyymca.org or Ron muccitelli@oldcolonyymca.org

FRC Book Club (In-Person): Join us for our monthly book club. Where we get to read together, meet new people and learn from one another as well as our books. To register contact: Gladys gmaina@oldcolonyymca.org

Future Forward Ages 13-18(In-Person): A group for teens to come and engage as they learn different life skills as they step into adulthood. To register contact: Ron muccitelli@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

Grandparents Raising Grandchildren (In-Person): A general support group for Grandparents Raising Grandchildren. Strengthen connections to resources and supports while connecting with other community members. Dinner provided. To register contact: Gladys gmaina@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

FRC Café (In-Person): Join us for our weekly café and conversation. Meet new people and create new connections. To register contact: Gladys gmaina@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 by 9/18/23.

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 muccitelli@oldcolonyymca.org

Family Bingo (In-Person): Join us for an afternoon of Bingo & laughs at the Attleboro FRC! To register contact: Gladys gmaina@oldcolonyymca.org

Friendsgiving Feast (In-Person): Celebrate community and friendship by sharing a delicious meal at the Attleboro FRC. (lunch provided) To register contact: Gladys gmaina@oldcolonyymca.org

Youth Grief Support Group (In-Person) Ages 4-17: This is a once a month support group hosted by Hope Health to support youth with navigating loss and grief. To register contact: Rob rmignacca@oldcolonyymca.org

Active Parenting of Teens (In-Person): For parents of preteens and teens, this program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. To register contact: Rob rmignacca@oldcolonyymca.org

Sensory Activity Day (In-Person): Join the FRC for sensory friendly activities for children of all ages! To register contact: Ron muccitelli@oldcolonyymca.org

Grupo De Apoyo Para Padres (En Persona): Grupo de apoyo para padres. To register contact: Gladys gmaina@oldcolonyymca.org

Nurturing Fathers (In-Person): A 13-week course designed to teach parenting and nurturing skills to men. Each class provides proven, effective skills for healthy family relationships and child development. To register contact: Rob rmignacca@oldcolonyymca.org

Make Your Own Thanksgiving Place Mat (In-Person): A Thanksgiving activity for children of all ages! Join us for treats and place mat making to share at your Thanksgiving table. To register contact: Gladys gmaina@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 muccitelli@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

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 muccitelli@oldcolonyymca.org