

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open  
 Mon–Fri,  
 9 a.m.–5 p.m.  
 and on 2nd & 4th  
 Saturdays  
 9 a.m.–12 p.m.



CLINICAL  
 & SUPPORT  
 OPTIONS

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Drop-Ins Welcome!</b>                      Pre-registration required for                      (*) groups.</p>			<p>*11-12 Book Club                      3:30-4:30                      Mindful Journaling  <b>1</b></p>	<p>3:30–4:30 Academic Help                      5:00-6:30 Theater                      Thursdays– Toy Story  <b>2</b></p>	<p>9:30–11 Dad &amp; Me                      3:30-4:30 Free Choice  <b>3</b></p>	<p>9:30-12                      Scavenger Hunt                      at Dunn Park  <b>4</b></p>
<p><b>5</b></p>	<p>9:30–11 Preschool                      Playgroup                      1:30-2:30 Grandparents                      Raising Grandchildren                      Support  <b>6</b></p>	<p>3-4 Color By Number                      *3:30-5:30 Parenting                      Journey session 4                      4-5Teen Tuesdays  <b>7</b></p>	<p>*11-12 Book Club                      3:30-4:30                      Mindful Journaling                      4-5 STEAM: Tape Resist                      Painting  <b>8</b></p>	<p>3:30-4:30 Academic Help                      *5-6:30 Family dinner  <b>9</b></p>	<p>9:30–11 Dad &amp; Me                      3:30-4:30 Free Choice  <b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p>	<p>9:30–11 Preschool                      Playgroup                      10-11 Coffee and Chat  <b>13</b></p>	<p>3-4 Color By Number                      *3:30-5:30 Parenting                      Journey session 5                      4-5Teen Tuesdays  <b>14</b></p>	<p>*11-12 Book Club                      3:30-4:30                      Mindful Journaling                      *5-6 IEP 101  <b>15</b></p>	<p>3:30–4:30 Academic Help                      5:00-6:30 Theater                      Thursdays– Toy Story 2  <b>16</b></p>	<p>9:30–11 Dad &amp; Me                      3:30-4:30 Free Choice  <b>17</b></p>	<p>9:30-12 Family                      Movie  <b>18</b></p>
<p><b>19</b></p>	<p>9:30–11 Preschool                      Playgroup                      1:30-2:30 Grandparents                      Raising Grandchildren                      Support                      Group  <b>20</b></p>	<p>3-4 Color By Number                      *3:30-5:30 Parenting                      Journey session 6                      4-5Teen Tuesdays  <b>21</b></p>	<p>*11-12 Book Club                      3:30-4:30                      Mindful Journaling                      4-5 STEAM: Hand Turkeys  <b>22</b></p>	<p>CLOSED                      HAPPY                      THANKSGIVING  <b>23</b></p>	<p>CLOSED  <b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p>	<p>9:30–11 Preschool                      Playgroup                      10-11 Coffee and Chat  <b>27</b></p>	<p>3-4 Color By Number                      *3:30-5:30 Parenting                      Journey session 7                      4-5Teen Tuesdays  <b>28</b></p>	<p>*11-12 Book Club                      3:30-4:30                      Mindful Journaling  <b>29</b></p>	<p>3:30–4:30 Academic Help                      5:00-6:30 Theater                      Thursdays– Toy Story 3  <b>30</b></p>	<p><b>Need additional support or have                      questions?                      978-730-1275</b></p>	

# PROGRAM DESCRIPTIONS

## FAMILY ACTIVITIES

### \*Family Dinner—Alexa

Join the FRC staff for a Thanksgiving dinner!  
**Registration required, limited seating, call today!**  
**Thursday, 11/9 @ 5 pm**

### Color by number—Alydia

Come color followed by “snack-chat”.  
**Tuesdays, @ 3 pm**

### Free Choice—Alydia

Join us for fun with 2 choices for activities.  
**Fridays, @ 3:30 pm**

### Theater Thursday's—Alexa

Come to the FRC to enjoy a movie and popcorn.  
This month: Toy Story, Toy Story 2, & Toy Story 3  
**Mondays, 11/2, 11/16, & 11/30 @ 5 pm**

### \*Scavenger Hunt at Dunn Park—Alydia & Alexa

Come join us at Dunn Park for a scavenger hunt.  
Followed by lunch at the FRC!  
**Saturday, 11/4 @ 9:30 am**

### Family Movie—Alydia

Join the FRC staff for a Saturday morning movie and breakfast.  
**Saturday, 11/18 @ 9 am**

## YOUTH SUPPORT

### Preschool Playgroup — Alexa

Hands-on play for preschoolers to learn social skills and meet friends.  
**Mondays, @ 9:30 am**

### Dad & Me—Cathy

A playgroup for male caregivers and their preschool aged children.  
**Fridays, @ 9:30 am**

## TEEN ACTIVITIES

### Teen Tuesdays—Alydia & Alexa

Drop in for rotating selection of video games, board games & cornhole.  
**Tuesdays, @ 4 pm**

## EDUCATION

### STEAM Days—Alydia & Alexa

Join in on a new STEAM activity every other week.  
**Wednesdays, 11/8 & 11/22 @ 4 pm**

### Mindful Journaling—Alexa

Practice the benefits of mindful journaling.  
**Wednesdays, @ 3:30 pm**

### Academic Help—Josie

Assistance for all ages with schoolwork & any academic need. Study skills reviewed. Guardian support as well.  
**Thursdays, @ 3:30 pm**

### \*IEP 101—Josie

Come join us for a 1 hour session to dissect the parts of an IEP. Handouts will be provided.  
**Wednesday, 11/15 @ 5 pm**

## CAREGIVER SUPPORT

### Grandparents Raising Grandkids—Cathy

Meet other grandparents and explore various topics around raising grandchildren.  
**Monday, 11/6 & 11/20 @ 1:30 pm**

### Coffee & Chat—Multiple staff

Meet other parents/guardians and explore various topics. Childcare available.  
**Mondays, 11/13 & 11/27 @ 10 am**

### \*Book Club—Josie

Engaging discussion about the book of the month. Books available at the Gardner Library.  
**Wednesdays, @ 11 am**

## FRC STAFF CONTACTS 978-730-1275

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CLINICAL  
& SUPPORT  
OPTIONS

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