

November 2023

Family Resource Center

37 Main Street, Taunton, MA (P) 774-501-2633

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. True Course 4-5pm	2. Parenting Journey Registration	3. Chá e café no FRC 10am – 12pm	4. FRC Tour & Resource Guide *Appointment Only*
6. Children's Playgroup 11-12pm Active Parenting of Teens 5:30pm-7:30pm	7. Nurturing Fathers Registration 5:30pm – 7:30pm	8. Grandparents Raising Grandchildren 11am-12:30pm	9. Parenting Journey Registration	10. Closed for Veterans Day	11. Closed
13. Children's Playgroup 11-12pm Active Parenting of Teens 5:30pm-7:30pm	14. Nurturing Fathers Begins 5:30pm – 7:30pm	15. Arc of Bristol County 9:30- 4:30pm True Course 4-5 Pop-Up Pantry Day call by 11/13 to Register	16. Family Mindfulness Night 5:30-7pm	17. Té y café en el FRC 10am – 12pm	18. Friendsgiving Feast & Thanksgiving Food Baskets 11-1pm Please register by 11/13/23
20. Children's Playgroup 11-12pm Active Parenting of Teens 5:30pm-7:30pm	21. Nurturing Fathers 5:30pm – 7:30pm	22. Grandparents Group 11am – 12:30pm True Course 4-5	23. Closed for Thanksgiving	24. Chá e café no FRC 10am – 12pm	25. Closed
27. Children's Playgroup 11-12pm Active Parenting of Teens 5:30pm-7:30pm	28. Nurturing Fathers 5:30pm – 7:30pm	29. True Course 4-5	30. Parenting Journey New Class Begins 5:30-7:30pm		

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only.

Walk-In Hours of Operation: Monday through Friday, 9am-5pm, and during Saturday events

[Find us on Facebook at www.facebook.com/FRCTaunton](https://www.facebook.com/FRCTaunton)

Nurturing Fathers Program (In-Person): Fathers only. A 13-week parenting course that brings together men from all family circumstances to explore what it takes to be their child's nurturer and teacher. To register, contact Jeff jbibeau@oldcolonyymca.org

True Course (In-Person): 10-18. True Course is an outdoor-based program that works with at-risk youth who need an alternative approach to getting back on track. True Course is a 10-12 month program that provides: Intensive Case Management, Mentoring, and Experiential Learning. True Course uses the outdoors as our catalyst for positive change. To apply, contact [508-995-6400 ext. 3611](tel:508-995-6400) or TrueCourse@bcso-ma.org

The Arc of Bristol County Drop-In (In-Person): Adults only. A dedicated time that members of the community can meet with a Family Support Outreach Coordinator from the Arc of Bristol County to learn about supports and services or with assistance with Department of Developmental Services or other disability related applications and programs. To participate, contact Heather Baylies-Grigoreas at hbayliesgrigoreas@ARCNBC.org

Parenting Journey I (In-Person): For parents only. This 12-session, introductory curriculum is designed to help parents increase their self-care practices, raise awareness of past and present factors that influence their parenting styles, enhance their parenting skills, and utilize their strengths to support their children and to build nurturing family relationships. The Parenting Journey program model focuses on adult development and the emotional understanding of what it means to be a parent, thus filling a void created by traditional parenting classes. To participate, contact Anne aferioli@oldcolonyymca.org

Coffee & Tea at the FRC! (In-Person): Join us for our weekly coffee, meeting new people, and making new connections, alternating in Portuguese and Spanish each week. Junte-se a nós para nosso café semanal, conhecendo a pessoas novas e fazendo novas conexões, alternando em português e espanhol a cada semana. Únase con nosotros para nuestro café semanal, conozca gente nueva y haga nuevas conexiones, alternando en portugués y español cada semana. Para participar, contactar con Britany bfreitas@oldcolonyymca.org

Children's Arts & Crafts Playgroup (In-Person): Ages 5 and under, siblings welcome. Weekly arts and crafts activities for young children and their parents to meet and socialize in the community while building new connections. To participate, contact Sara struitt@oldcolonyymca.org

Active Parenting: Teens (In-Person): Adults only. A complete 8-week course to educate parents in a proven-effective approach that will lead to more harmony and happiness in the household, including the 7 strategies for school success along with positive discipline and communication techniques to help families run more smoothly. To participate, contact Anne aferioli@oldcolonyymca.org

Grandparents Raising Grandchildren (In-Person): For grandparents raising grandchildren. A general support group for Grandparents to come together to learn about resources and make social connections. To participate, contact Anne aferioli@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 care packages. To register, contact Donna dfoster@oldcolonyymca.org by 11/13/23.

Family Mindfulness Night (In Person): Families Join us for a calm evening fit for the whole family. We will learn the art of mindfulness using breathing techniques, visualizations, and a bit of movement. To register, contact Britany bfreitas@oldcolonyymca.org by 11/14/23

Friendsgiving Feast & Food Baskets (In Person): Come enjoy a Friendsgiving feast and pick up supplies for your Families Thanksgiving Dinner. Please note Turkey's will not be included in the Food Baskets. To register contact Donna dfoster@oldcolonyymca.org by 11/13/23.

FRC Tour and Resource Guide (Appointment only): Schedule a time to visit the FRC and learn about what we can offer to members of the community. To participate contact Sara struitt@oldcolonyymca.org

Want to learn
more about
Family Resource
Centers? Scan
our QR code!

