

Sunday (closed)	Monday (9am-6pm)	Tuesday (9am-4pm)	Wednesday (9am-6pm)	Thursday (9am-4pm)	Friday (9am-1pm)	Saturday (closed)
	1 FRC Closed for Holiday (New Year Day)	2	3	4 9:30-10:30 Mother's Group	5	6 Closed
7 Closed	8 10-11 Grandparent Group (GRG) 4-5 Grupo para Padres	9 9:30-11 GRG series: Trauma & Relationship (Part 1)	10 12-1 Foster Care Info Session 3:00-6:00 New Years Kick Off!	11 9:30-10:30 Mother's Group	12	13 9-12 Open by appointment only. Call in advance.
14 Closed	15 FRC Closed for holiday (MLK Jr Day)	16 9:30-11 GRG series: Trauma & Relationship (Part 2)	17 4-5 Father's Group (tentative)	18 9:30-10:30 Mother's Group 2-3 Credit Building Workshop	19	20 Closed
21 Closed	22 10-11 Grandparent Group (GRG) 4-5 Grupo para Padres	23 9:30-11 GRG series: Trauma & Relationship (Part 3)	24 10-12 Active Parenting: First 5 Years	25 9:30-10:30 Mother's Group	26	27 Closed
28 Closed	29 4-5 Father's Group	30 9:30-11 GRG series: Trauma & Relationship (Part 4)	31 10-12 Active Parenting: First 5 Years			

Southbridge Family Resource Center
5 Optical Drive, Southbridge MA
(1st floor of the Seven Hills Building)
Phone: 508-519-3590, option 1

Drop In Hours

Mondays 9:00 a.m. - 6:00 p.m.
Tuesdays 9:00 a.m. - 4:00 p.m.
Wednesdays 9:00 a.m. - 6:00 p.m.
Thursdays 9:00 a.m. - 4:00 p.m.
Fridays 9:00 a.m. - 1:00 p.m.

***** Programs to RSVP *****

DCF Foster Care Info Session
January 10th, 12:00-1:00 pm

New Years Kick Off Event
January 10th, 3:00-6:00 pm

GRG Series: Trauma & Building Healthy Relationships
January 9, 16, 23, 30 + Feb 6, 13th, 9:30-11:00 am

Credit Building with Cornerstone Bank
January 18th, 2:00-3:00 pm

Active Parenting: First 5 Years
Jan. 24, 31 + Feb 7, 14th, 3:00-6:00 pm

***** Drop In Groups *****

Grandparents Raising Grandchildren (GRG)
(every other Monday, 10-11 am)

Fathers Support Group / Grupo de Apoyo para Padres
(every other Monday, 4-5 pm / cada los Lunes, 4-5 pm)

Mother's Support Group
(every other Thursday, 9:30-10:30 am)

Caregiver Support Groups

Grandparents Raising Grandchildren - Biweekly gathering for grandparents and great-grandparents who are the primary caregiver for a child relative. Connect with a community of support and learn about local resources. In-person, every other Monday, 10-11 am.

- **Special grandparent workshop series!** "Responding to Trauma & Building Healthy Relationships." Tuesdays 9:30-11 am, in January & February.

Fathers' Support Groups / Grupos de Apoyo para Padres -

Two groups for dads and other male caregivers -- one in English and one in Spanish! Join in-person or online, on alternating Mondays, 4-5 pm. Dos grupos para papás y otros cuidadores masculinos: ¡uno en inglés y otro en español! Únase en persona o en línea, los lunes alternos, de 4 a 5 p. m.

Mothers' Support Group -

Supportive space for moms and other female caregivers to connect and find community! Join in-person or online, every Thursday, 9:30-10:30 am.



Life Skills Workshops

Join us once a month for an hour-long workshop on a valuable topic related to real and adulting skills! Led by FRC staff and outside speakers.

This month:

Credit Building Workshop
Presented by Cornerstone Bank
January 18th, 2:00-3:00 pm
Southbridge FRC, 5 Optical Drive

Family Activities



New Years Kick Off
January 10th, 3:00-6:00 pm
Southbridge FRC, 5 Optical Drive



FREE NEW YEARS EVENT!!!
Food, family activities, resources and raffles!
Open to clients and general community!

Evidence-Based Parenting Education

Active Parenting: First 5 Years (ages 0-5) - Support the growth and development of your children through family structure. Gain the skills necessary to prepare your child to survive and thrive as they grow up. 4-week program.

Active Parenting 4th Edition (ages 5-12) - It's the full-time job that we don't get paid for: raising children. Help your child learn about and navigate society as you face new challenges together. 6-week program.

Active Parenting of Teens (ages 11-16) - Increase communication without increasing conflict! Develop skills that you can use every day, and help your teen avoid the risks of young adulthood. 6-week program.

Parenting Journey -

A confidential and safe space to learn how your own childhood impacts how you parent, and set goals for what sort of parent you want to be in the future. Connect with other parents and caregivers on their own journey. 10-week program.

Nurturing Fathers -

Brings together men from all walks of life and family circumstances who want to become better fathers so they can help their children grow up secure, loved and self-confident. 12-wk program.

Resources & Support

The FRC staff can connect you with a wide range of local services and resources, including:

- Childcare referrals
- Early childhood information
- Family support resources
- Food, clothing and basic needs
- Juvenile court advocacy
- LGBTQIA+ support
- Medical & behavioral health
- Special educational advocacy
- Substance use treatment
- Youth afterschool programs
- And more!

For more information on FRC programs or services, call 508-519-3590, option 1.

Or drop by the Southbridge Family Resource Center, 5 Optical Drive, Southbridge MA.