

sunday

monday

tuesday

wednesday

thursday

friday

saturday

**Food Pantry Hours:**  
Mondays 8am-1pm  
Tuesdays 12-6pm  
Thursdays 12-6pm

1

Breast  
Cancer  
Awareness  
Month



AA 12-1PM

2

Our Journey as Moms  
4:30-5:30pm

3

Parent & Child  
Craft Hour  
10-11am

4

Office Open  
9am -12pm

5



6

WE THRIVE!  
3:30-5:30PM

Nurturing Fathers  
6-8pm

7

8

AA 12-1PM

9

Our Journey as Moms  
4:30-5:30pm



10

Parent & Child Craft Hour  
10-11am



11

12

Indigenous  
People's Day  
OFFICE CLOSED



14

DAD'S TALK  
6:30-7:30PM  
ZOOM

15

AA 12-1PM



16

Staff Development  
Day  
**OFFICE  
CLOSED**

17

Parent & Child  
Craft Hour  
10-11am

18

19

WE THRIVE!  
3:30-5:30PM  
Nurturing Fathers  
6-8pm

20

Grandparents  
Raising  
Grandchildren  
5-7pm

21

22

AA 12-1PM

23

Circle of Security  
Program  
10-11:30am

Our Journey as Moms  
4:30-5:30pm

24

Parent & Child Craft Hour  
10-11am



25

Office Open  
9am -12pm  
Food Pantry Open  
9am-12pm

26

WE THRIVE!  
3:30-5:30PM  
Nurturing Fathers  
6-8pm  
Halloween DIY Kit

27

FRC Pop Up  
@CCCCP In Eastham  
10AM-1PM

Halloween DIY Kit

28

29

AA 12-1PM

Halloween DIY Kit

30

Circle of Security  
Program  
10-11:30am

Our Journey as Moms  
4:30-5:30pm  
Halloween DIY Kit

31

Halloween on Hyannis  
Main St, 4-6pm



Parent & Child  
Craft Hour  
10-11am

Halloween DIY Kit



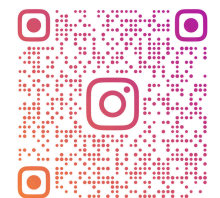


For information about any of our  
programs listed, or to register, please call  
(508) 815-5100.

Visit us online at  
[www.capecodfamilyresourcecenter.org](http://www.capecodfamilyresourcecenter.org)  
29 Bassett Ln, Hyannis, MA 02601

Hours of Operation:  
Monday: 8am-6pm (6-8pm by appointment)  
Tuesday: 8am-6pm  
Wednesday: 8am-5pm  
Thursday: 9am-6pm  
Friday: 9am-4pm  
Call for weekend hours

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