

ALL PROGRAMS FREE FOR FAMILIES

AUGUST 2025

*The FRC
is open Mon–Fri,
9 a.m.–5 p.m. and the
2nd & 4th Saturdays
9 a.m.–12 p.m.
Call for details!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! (But pre-registration required for events marked with *) Call Us: 978-730-1275					12:30-2 Chess & Board Games Club 2-3:30 Tween Time 1	2
3	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 4	*12-1 Lunch & Learn: Help Your Child Make Friends *4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 5	*11-12 Book Club 4-5 Art Hour: Dream Catchers 6	*12-1:30 Active Parenting Children 5-12 Years *12-1 Family Lunch *1-2:30 Cut Loose: Collaging with Michael Sjostedt 4-5 Kids Art & Game 7	10-11 Infant/Toddler Story & Playtime 2-3:30 Tween Time 8	*9-12 Tie Dye Party: Bandanas 9
10	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 11	*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 12	*11-12 Book Club 4-5 Art Hour: Paint by Sticker 13	*12-1:30 Active Parenting Children 5-12 Years 4-5 Kids Art & Game for ages 9-12 14	12:30-2 Chess & Board Games Club 2-3:30 Tween Time 15	16
17	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group 18	9:30-1 National Grid Customer Service *4-5 Kids Art & Game Group for ages 5-8 4-5 Parent Chat 19	*11-12 Book Club 4-5 Art Hour: Fuse Beads 20	*12-1:30 Active Parenting Children 5-12 Years 4-5 Kids Art & Game for ages 9-12 21	10-11 Infant/Toddler Story & Playtime 12:30-2 Chess & Board Games Club 2-3:30 Tween Time 22	9-12 Back to School Celebration 23
24/31	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 25	*4-5 Kids Art & Game Group for ages 5-8 5-6 Dad's Corner 26	*11-12 Book Club *12-1 Lunch & Learn: The ABC's of Play 4-5 Art Hour: Sunflower Painting 27	4-5 Kids Art & Game for ages 9-12 *5-7 Nurturing Fathers 28	2-3:30 Tween Time 29	30

PROGRAM DESCRIPTIONS

YOUTH SUPPORT

***Kids Art & Game Group** — *Multiple Staff*
Attend for fun art projects, exciting games, and a chance to express your creativity! ***Must register 1 week in advance with the CSO OP Clinic** ***Tuesdays: Ages 5-8, Thursdays: Ages 9-12 from 4-5 pm**

Infant Toddler Story & Playtime—*Multiple staff*
A time for caregivers to enjoy a story or play with their Infant or Toddler age children. **Every other Friday 8/8 & 8/22 from 10-11 am**

Art Hour — *Multiple Staff*
Create and explore art through fun projects. All ages & skill levels welcome! **Wednesdays 8/6, 13, 20, 27 from 4-5 pm**

Tween Time — *Multiple Staff*
A fun and safe space for tweens to talk, share, and connect through games, and creative activities. Participants will build confidence, and explore new friendships. Perfect for ages 9-12 navigating the in-between years. **Fridays from 2-3:30 pm**

Chess & Board Games Club — *Staff & Suriya*
Join us for fun and friendly competition playing chess and other games. There's something for everyone and all skill levels are welcome! Come play, learn, and make new friends! **Fridays 7/1, 7/15, 7/22 @ 12:30-2 pm**



CLINICAL
& SUPPORT
OPTIONS

Gardner Family Resource Center
205 School Street, Suite 302, Gardner
978-730-1275

***Board Games & Social Skills for Teens** — *Multiple Staff*
Boost communication, teamwork, and problem solving while having fun with friends in an engaging board game environment. ***Must register 1 week in advance with the CSO OP Clinic. Every other Monday from 4-5 pm**

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy & Tammy*
Support for Grandparents who provide primary care. **Every other Monday from 10-11 am (Hybrid)**

Dad's Corner — *Tammy*
A forum where male caregivers can meet and talk about fatherhood. **Every other Tuesday from 5-6 pm**

Parent Chat — *Multiple Staff*
A time for parents to talk about the successes and challenges of raising children. **Tuesdays from 4-5 pm**

***Book Club**— *Tammy & Kathy*
Come discuss the book of the month and enjoy lunch! **Wednesdays 11am -12pm**

EDUCATION

***Active Parenting Ages 5-12 Years**— *Cathy & Kathy*
A 6 session, comprehensive parenting program helping parents of kids ages 5-12, raise responsible, cooperative children who can resist negative peer pressure and thrive. **Thursdays 12-1:30 pm**
Email Catherine.Phillips@csoinc.org for more details

***Lunch & Learn** — *Summer*
Come enjoy lunch at the FRC and learn some new strategies to help your children. Topics include: Helping your child make friends, and The ABC's of Play. **Tuesday 8/5 from 12-1 & Wednesday 8/27 from 12-1**
Email Summer.HaggertyMeeker@csoinc.org to register and for more details.

***Nurturing Fathers' Program**— *Summer & Tammy*
Join us for this 13 session class that helps fathers build parenting skills, communication, and emotional growth in a supportive, nonjudgmental space. ***Registration Required!**
Thursdays 5-7 pm

FAMILY ACTIVITIES

***Family Lunch** — *Summer*
Join us this month for a Sub Sandwich Bar! (Please let us know if you have any allergies) **Thursday 8/7 from 12-1 pm**

***Cut Loose: Collaging with Michael Sjostedt**
Join us after family lunch to a fun, all ages workshop! This month Back to School Notebook Covers.
***Registration Required* Thursday 8/7 from 1-2:30 pm**

***Tie Dye Party** — *Kathy & Cathy*
Create your own colorful bandanas! Open to all ages, but space is limited; so register quickly! **Saturday 8/9 from 9am—12pm**

Life Skills

Exercise Hour — *Tammy & Summer*
Follow along with pre-recorded videos for low impact exercises! **Mondays from 9-10 am**

National Grid Customer Service — *Customer Advocate*
Engage with the National Grid Customer Advocate to discuss your account. **Tuesday 8/19, 9:30 am–1 pm**

***Back to School Celebration**
Please see our August newsletter for more details!
Saturday 8/23 from 9am-12pm

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