

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

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey 1 1	*10-12 Active Parenting Birth to 5 (Hybrid) *4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 2	*11-12 Book Club 4-5 Art Hour: Paper Plate Winter Hat 3	*4-5 Kids Art & Game Group for Ages 9-12 4	*12-1 Lunch & Learn: Parent Wellbeing 5	*9-12 Wreath Decorating 6
7	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren *5:30-7:30 Parenting Journey 1 8	*10-12 Active Parenting Birth to 5 (Hybrid) *4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 9	*11-12 Book Club 10	*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner *6-7:30 Cut Loose: Collaging with Michael Sjostedt 11	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club 12	13
14	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 15	*10-12 Active Parenting Birth to 5 (Hybrid) *4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 16	*11-12 Book Club 4-5 Art Hour: Free Choice 5-6 Bureau of Special Education Appeals Presentation (Virtual) 17	*4-5 Kids Art & Game Group for Ages 9-12 18	19	*9-12 Cookie Decorating 20
21	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren 22	*10-12 Active Parenting Birth to 5 (Hybrid) *4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 23	*11-12 Book Club 24	CLOSED 25	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club 26	27
28	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 29	*10-12 Active Parenting Birth to 5 (Hybrid) *4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 30	*11-12 Book Club 4-5 Art Hour: Paper Snowflakes 31	Drop-Ins Welcome! (But pre-registration is required for groups with an *) (978) 730-1275		

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 from 10-11 am

Art Hour — Multiple Staff

Create and explore art through fun projects. All ages & skill levels welcome!

Every other Wednesday from 4-5 pm

Chess & Board Games Club — Connor

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!

Every other Friday from 4-5 pm

***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.

Every other Tuesday from 4-5 pm

***Book Club — Tammy & Kathy**

Come discuss the book of the month and enjoy lunch!

Wednesdays 11am -12pm

EDUCATION

***Parenting Journey 1 — Cathy & Summer**

Parenting can be a stressful journey and in this class you can work with FRC staff and other parents to find your inner strengths and build community with other parents to help you navigate parenthood. ***Registration Required!**
Mondays 5:30-7:30 pm, last session 12/8

***Active Parenting (Birth to 5) — Tammy & Cathy (Hybrid)**

Active parenting for children ages birth to five continues this month! Please make sure to register for the class if interested.

***Registration Required! Tuesdays 10 am to 12 pm**

LIFE SKILLS

Exercise Hour — Tammy & Summer

Follow along with pre-recorded videos for low impact exercises!

Mondays from 9-10 am

***Lunch & Learn: Parent Wellbeing — Summer**

Treat yourself kindly. Positive self-talk inspires positive self-image in children. Learn about how you can be your child's calming center and how your emotions can impact your child's behavior.

***Registration is Required! Friday 12/5 from 12-1 pm**

Bureau of Special Education Appeals Presentation

Please join Mara Shulman, a Mediator with the Bureau of Special Education Appeals (BSEA), for an informational session on BSEA Mediation and Facilitation on The informational session will address what mediation is, how to access it, and how it can be helpful when families and school districts are not in agreement, as well as how and when to access facilitated team meetings.

Wednesday 12/17 from 5-6 pm (Virtual)

For the Link Email — Kathy.MartinPalumbo@csoinc.org

FAMILY ACTIVITIES

***Family Dinner — Summer**

Join us this month for dinner: We will be having fried chicken with mac and cheese this month! We hope you can stop by to join us!

(Please let us know if you have any allergies)

Thursday 12/11 from 5-6 pm

***Call or email us to register in advance**

***Cut Loose: Collaging with Michael Sjostedt**

This month we'll be making collage ornaments to help you and your family celebrate the holiday season!

***Registration Required* Thursday 12/11 from 6-7:30 pm**

Wreath Decorating — Cathy & Kathy

How would you like to decorate your own holiday wreath? Stop in and we'll show you how!

Saturday 12/6 from 9 am to 12 pm

Cookie Decorating — Summer & Tammy

Even though the holiday season is wrapping up that doesn't mean you have to hit the pause button on desserts, come on in and decorate some cookies!

Saturday 12/20 from 9 am to 12 pm



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978-730-1275

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