


ALL PROGRAMS FREE FOR FAMILIES

JULY 2026

The FRC is open Mon-Fri, 9 a.m.-5 p.m. and Saturday the 11th & 25th, 10 a.m.-12 p.m. Call for details!



CLINICAL & SUPPORT OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FRC Drop-In Visitors Are Welcome! Pre-registration required for many groups. Use QR code to register. Or call (978) 730-1275.</p>			<p>*11-12 Book Club 4-5 Art Hour</p> <p style="text-align: right;">1</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1</p> <p style="text-align: right;">2</p>	CLOSED	
	5	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren</p> <p style="text-align: right;">6</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8</p> <p style="text-align: right;">7</p>	<p>*11-12 Book Club 4-5 Art Hour</p> <p style="text-align: right;">8</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner *5:30-7:30 Parenting Journey 1</p> <p style="text-align: right;">9</p>	<p>10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club</p> <p style="text-align: right;">10</p>
12	<p>9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens</p> <p style="text-align: right;">13</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8</p> <p style="text-align: right;">14</p>	<p>*11-12 Book Club 4-5 Art Hour</p> <p style="text-align: right;">15</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1</p> <p style="text-align: right;">16</p>	<p>*12-1 Lunch & Learn: Why Your Child Isn't Listening & What to Do Instead for an Easier Summer</p> <p style="text-align: right;">17</p>	18
19	<p>9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren</p> <p style="text-align: right;">20</p>	<p>*4-5 Kids Art & Game Group for Ages 5-8</p> <p style="text-align: right;">21</p>	<p>*11-12 Book Club *5:30-6:30 Budgeting Presentation</p> <p style="text-align: right;">22</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1</p> <p style="text-align: right;">23</p>	<p>10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Game Club</p> <p style="text-align: right;">24</p>	<p>*10-12 Disney Trivia!</p> <p style="text-align: right;">25</p>
26	<p>9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens</p> <p style="text-align: right;">27</p>	<p>*9:30-11:30 Active Parenting, Birth to Five *4-5 Kids Art & Game Group for Ages 5-8</p> <p style="text-align: right;">28</p>	<p>*11-12 Book Club 4-5 Art Hour</p> <p style="text-align: right;">29</p>	<p>*4-5 Kids Art & Game Group for Ages 9-12 *5:30-7:30 Parenting Journey 1</p> <p style="text-align: right;">30</p>	<p>All Day Notary Day</p> <p style="text-align: right;">31</p>	

PROGRAM DESCRIPTIONS

FAMILY ACTIVITIES

*Family Dinner — *Multiple Staff*

This month we will be having chicken wings, assorted appetizers, and salad. Please let us know if you have any allergies!

Thursday 7/9 from 5-6 pm

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

*Donuts with Dad — *Connor & Kelley*

Join us for a sweet Saturday morning at the Gardner Family Resource Center for Donuts with Dad! This special family event is designed to celebrate dads, grandfathers, uncles, stepdads, and all the important father figures in a child's life.

Saturday 7/11, 10am-12pm

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

*Disney Trivia — *Tammy & Meredith*

Bring the whole family and test your knowledge of Disney movies, characters, songs, and unforgettable moments. Teams will work together to answer trivia questions from classic favorites and newer Disney adventures for a chance to win fun prizes.

Saturday 7/25 from 10am-12pm

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

EDUCATION

*Active Parenting: Birth to Five — *Kelley & Summer*

Your child's first few years are so important! Learn how to make the most of them! This course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline.

***Class Begins 7/28 Tuesdays 9:30-11:30 am, Register by 7/24**

*Parenting Journey 1 — *Kelley & Summer*

Parenting is one of the hardest jobs there is, but with the right support, it can also be deeply rewarding. Parents and caregivers meet weekly for connection, hands-on activities, and meaningful conversations while sharing a meal.

***Registration Closed! Thursdays 5:30-7:30pm, dinner provided, and childcare on request.**

LIFE SKILLS

Exercise Hour — *Tammy & Meredith*

This program features pre-recorded exercise videos with a variety of options such as yoga, low-impact aerobics, chair exercises, stretching, and more. All fitness levels welcome. Child care available upon request.

Mondays from 9-10 am

*Lunch & Learn: Why Your Child Isn't Listening & What to do Instead for an Easier Summer — *Summer*

If you're searching for how to get kids to listen without yelling, you're not alone. Many parents feel stuck in the same cycle of reminders, frustration, and power struggles. The truth is, your child isn't trying to be difficult. When kids don't listen, it's often about development, not defiance.

***Registration is required! Friday 7/17, 12-1 pm Lunch provided, and childcare upon request**

*Budgeting Presentation — *Multiple Staff*

we will be hosting a budgeting presentation by John Coleman of Santander Bank. Learn how to build a budget, manage your money, and set realistic financial goals. Dinner will be provided!

Wednesday 7/22, 5:30-6:30pm

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

*Notary Day — *Meredith*

Notaries help verify identities and witness signatures on documents for court, medical offices, schools, and other official purposes. Just walk in!

Friday 7/31, all day

CAREGIVER SUPPORT

Grandparents Raising Grandchildren — *Cathy & Tammy*

Support for Grandparents who provide primary care.

Every other Monday from 10-11 am (Hybrid)

*Book Club — *Kathy*

Come discuss the book of the month and enjoy lunch!

Wednesdays 11 am — 12 pm

YOUTH SUPPORT

*Kids Art & Game Group — *Multiple Staff*

Attend for fun art projects, exciting games, and a chance to express your creativity!

***Must register in advance with the CSO Clinic**

***Tuesdays: Ages 5-8, Thursdays: Ages 9-12 from 4-5 pm**

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.

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**



Gardner FRC

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CSOINC.ORG

Please Register for Events with an *

By Calling or Emailing Us

Connor.Collins@csoinc.org