

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.



NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! (Pre-register for groups marked with an asterisk *) (978) 730-1275						1
2	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey 1	9:30-1 National Grid Representative *4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner	*11-12 Book Club 4-5 Art Hour: Veterans Appreciation Craft	*4-5 Kids Art & Game Group for Ages 9-12 *5-7 Nurturing Fathers	7	*9-12 Turkey Games
9	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren *5:30-7:30 Parenting Journey 1	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 5:30-6:30 Bureau of Special Education Appeals Presentation (Virtual)	*11-12 Book Club 4-5 Art Hour: Make Your Own Charlie Brown Character	*4-5 Kids Art & Game Group for Ages 9-12 *5-6 Family Dinner *5-7 Nurturing Fathers *6-7:30 Cut Loose: Collaging with Michael Sjostedt	14	15
16	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey 1	*10-11:30 CFCE Playgroup for Children 0-6 years old *4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner	*11-12 Book Club 4-5 Art Hour: Hand Turkey Paper Craft	*3-4 MY TURN Workforce & Development Presentation *4-5 Kids Art & Game Group for Ages 9-12 *5-7 Nurturing Fathers	21	*9-12 Holiday Center Piece
23/30	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren *5:30-7:30 Parenting Journey 1	*10-12 Active Parenting Birth to 5 (hybrid) *4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat	*11-12 Book Club 4-5 Art Hour: Free Choice	CLOSED	CLOSED	29

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 11/14 from 10-11 am

Art Hour — Multiple Staff

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

Wednesdays 11/5, 12, 19, 26 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!

Fridays 11/14 from 4-5 pm

***CFCE Playgroup — TBD Collab with MOC**

In collaboration with the MOC Coordinated Family and Community Engagement team the FRC will be hosting a playgroup for children ages 0-6.

***Registration required* Tuesday 11/18 from 10-11:30 am**

***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

National Grid Representative — Multiple Staff

Jen Clothier from National Grid will be here to answer any questions you may have about your service.

Tuesday 11/4 from 9:30 am to 1 pm

***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**

***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**

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

Active parenting for children ages birth to five begins this month! Please make sure to register for the class if Interested, email Catherine.Phillips@csoinc.org

***Registration Required! Tuesdays beginning 11/25**

Life Skills

Exercise Hour — Tammy & Summer

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

Mondays from 9-10 am

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.

Tuesday 11/11 from 5:30-6:30 pm

Lunch & Learn: How to help your LGBTQ+ Child Thrive & Talking To Your Teen About Sex And Sexuality

Join us for a Lunch & Learn featuring Peace At Home videos on How to Help Your LGBTQ+ Child Thrive and Talking to Your Teen About Sex and Sexuality. Enjoy lunch while gaining tools and insights to support open, healthy conversations and help your teen feel seen, valued, and understood.

***Registration is Required! Friday 11/21 12-1 pm**

MY TURN: Workforce Development Program

MY TURN is a workforce development program for young adults aged 16-24 in North Central MA facing barriers like incomplete education, low income, or homelessness. It provides education, training, employment services to help them build successful careers.

Thursday 11/20 from 3-4 pm

FAMILY ACTIVITIES

***Family Dinner — Summer**

Join us this month for dinner: we will be having a turkey dinner! (Please let us know if you have any allergies)

Thursday 11/13 from 5-6 pm

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

This month we'll be making gratitude boxes!

***Registration Required* Thursday 11/13 from 6-7:30 pm**

***Turkey Games — Multiple Staff**

Join us as we celebrate this fall season with some family-fun holiday turkey games!

Saturday 11/8

***Holiday Center Piece — Multiple Staff**

Join us to put together a center piece, such as a cornucopia for this holiday season!

Saturday 11/22



CLINICAL
& SUPPORT
OPTIONS

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

CSOINC.ORG