ALL PROGRAMS FREE FOR FAMILIES

The FRC is open Mon–Fri, 9 a.m.–5 p.m. and on 1st & 3rd Saturdays 10 a.m.–12 p.m.

NOVEMBER 2026

Family Resource Centers

CSO CLINICAL & SUPPORT OPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**10-11** Families Moving Forward (virtual) ***10:30-12:30** Nurturing Fathers 2	***4-5** Kids Art & Game Group for Ages 5-8 3	***11-12** Book Club **4-5** Art Hour: Harvest Wreaths 4	***4-5** Kids Art & Game Group for Ages 9-12 5	6	***Coats for Kids 10am–12pm** 7
8	**10-11** Grandparents Raising Grandchildren ***10:30-12:30** Nurturing Fathers ***4-5** Board Games & Social Skills for Teens 9	***4-5** Kids Art & Game Group for Ages 5-8 10	***11-12** Book Club 11	***4-5** Kids Art & Game Group for Ages 9-12 ***5-6** Family Dinner 12	**10-11** Infant/Toddler Story & Playtime 13	14
15	**10-11** Families Moving Forward (virtual) ***10:30-12:30** Nurturing Fathers 16	***4-5** Kids Art & Game Group for Ages 5-8 17	***11-12** Book Club **4-5** Art Hour: Free Choice Painting 18	***4-5** Kids Art & Game Group for Ages 9-12 19	***12-1** Lunch & Learn: Meaningful Holidays Without the Pressure 20	***Disney Trivia 10am–12pm** 21
22	**10-11** Grandparents Raising Grandchildren ***10:30-12:30** Nurturing Fathers ***4-5** Board Games & Social Skills for Teens 23	***4-5** Kids Art & Game Group for Ages 5-8 24	***11-12** Book Club 25	**CLOSED** 26	**CLOSED** 27	28
29	**10-11** Families Moving Forward (virtual) ***10:30-12:30** Nurturing Fathers 30					

FRC Drop-In Visitors Are Always Welcome!
But pre-registration is required for marked groups *
Use the QR code, call **(978) 730-1275,** or email **Connor.Collins@csoinc.org** to register!

PROGRAM DESCRIPTIONS

FAMILY ACTIVITES

***Family Dinner** — *Multiple Staff*
This month we will be having turkey subs, chips, and fruit salad! We hope you'll stop in and join us!
Thursday 11/12 from 5-6 pm
***Call or email us to register in advance!**

***Coats for Kids** — *Summer & Cathy*
If you have a kiddo that needs a winter coat we will be giving some away this month! **For free!** When you call or email to register, please let us know what size and gender you're looking for as the number of coats is limited! Most of the coats are youth sizes ranging from DGSDGDGGD
Saturday 11/07 from 10 am-12 pm

***Disney Trivia** — *Connor & Kelley*
Join us for a fun morning of Disney-themed trivia and some light refreshments and snacks!
Saturday 11/21 from 10 am-12 pm

YOUTH SUPPORT

Art Hour — *Multiple Staff*
Create and explore art through fun projects. All ages & skill levels welcome!
Every other Wednesday from 4-5 pm

***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**

***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**

EDUCATION

***Nurturing Fathers** — *Connor & Tammy*
A 13-session, evidence-based curriculum teaching critical skills and proven strategies for managing feelings, communicating, problem-solving, and creating a nurturing environment. With a focus on the unique role of fathers.
***Mondays 10:30 am-12:30 pm (Hybrid)**
Registration Closed!

CAREGIVER SUPPORT

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

***Book Club** — *Kathy*
Come discuss the book of the month and enjoy lunch!
Wednesdays 11 am — 12 pm
***Registration is required in advance!**

Families Moving Forward — *Cathy*
Families don't have to face challenging times alone. Families Moving Forward is a welcoming support group for parents, caregivers, and family members who are navigating difficult circumstances, transitions, or changes within their families.
Every other Monday from 10-11 am

LIFE SKILLS

***Lunch & Learn: Meaningful Holidays Without the Pressure** — *Summer*
Balancing Kids, Grandparents, Gifts and More. The holidays are meant to bring joy—but for many parents, they also come with stress, family pressure, and competing expectations. Between excited kids, endless gift lists, and well-meaning grandparents who may have very different ideas about what's "best," it's easy to feel overwhelmed. Stop in to watch this previously hosted live session to hear practical strategies and compassionate insights on how to manage holiday stress, honor family traditions, and set loving boundaries with grandparents while keeping the focus on connection.
***Registration is required! Friday 11/20, 12-1 pm**

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FRC CLOSED
THURSDAY 11/26 — FRIDAY 11/27