

ALL PROGRAMS FREE FOR FAMILIES

OCTOBER 2025

The FRC is open
Mon–Fri,
9 a.m.–5 p.m.
and on 2nd & 4th
Saturdays
9 a.m.–12 p.m.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! (Pre-register required for events with an *) (978) 730-1275			*11-12 Book Club 4-5 Art Hour: Free Choice 1	*4-5 Kids Art & Game Group for Ages 9-12 *5-7 Nurturing Fathers 2	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Games Club 3	4
5	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey I 6:30 Domestic Violence Vigil 6	*4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 7	*11-12 Book Club 4-5 Art Hour: Celery Print Cards 8	*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 9	*12-1 Lunch & Learn: Plan for Teen Independence Parts 1 & 2 10	*9-12 Halloween Movie & Munchkins 11
12	CLOSERD FOR COLUMBUS DAY 13	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 4:30-5:45 Dating/Relationship Safety for Teens by District Attorney (Virtual) 14	*11-12 Book Club 4-5 Art Hour: Lollipop Ghosts 15	*5-7 Nurturing Fathers 16	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Games Club 17	18
19	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey I 20	*4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 21	*11-12 Book Club 4-5 Art Hour: Beaded Corn Craft 22	*4-5 Kids Art & Game Group for Ages 9-12 *5-7 Nurturing Fathers 23	*4-5 Trick or Treat Trail 24	*9-12 Halloween Movie & Munchkins 25
26	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group *5:30-7:30 Parenting Journey I 27	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 28	*11-12 Book Club 4-5 Art Hour: Mini Haunted House Kits 29	*4-5 Kids Art & Game Group for Ages 9-12 *5-7 Nurturing Fathers 30	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Games Club 31	

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 10/3, 10/17, 10/31 from 10-11 am**

Art Hour — *Multiple Staff*
Create and explore art through fun projects. All ages & skill levels welcome! **Wednesdays 10/1, 8, 15, 22, 29 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 10/3, 10/17, 10/31 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

***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 I** — *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**

Domestic Violence Vigil — *Multiple Staff*
Please join us to remember those that have lost their lives due to domestic violence. The vigil will be held at the Perry Auditorium at Gardner City Hall. All are welcome to attend. **Monday 10/6 at 6:30 pm**

Lunch & Learn: Plan for Teen Independence — *Summer*
Raising independent kids requires balancing freedom with safety. Working with teens to gradually build independence helps them succeed while giving parents peace of mind. Setting clear goals and expectations together ensures a smoother transition to adulthood. ***Registration is Required! Friday 10/10 12-1 pm**

Relationship/Dating Safety for Parents & Caregivers — *District Attorney*
Join this online presentation to learn more about keeping yourself and others safe as a parent or caregiver navigating new relationships and dating. **Thursday 10/9 4:30-5:45pm (Virtual) Contact us to receive the link**

Relationship/Dating Safety for Teens — *District Attorney*
The DA will be hosting a presentation on how teens can keep themselves safe in new relationship and when dating. **Tuesday 10/14 4:30-5:45 (Virtual) Contact us to receive the link**

FAMILY ACTIVITIES

***Family Dinner** — *Connor & Kathy*
Join us this month for dinner: Chicken Parmesan and Pasta
(Please let us know if you have any allergies)
Thursday 10/9 from 5-6 pm

***Cut Loose: Collaging with Michael Sjostedt**
Join us after family dinner to a fun, all ages workshop and create a collage spooky lanterns. ***Registration Required* Thursday 10/9 from 6-7:30 pm**

***Halloween Movie & Munchkins** — *Multiple Staff*
For our Saturday events we will be showing family-friendly Halloween movies and providing munchkins and cider. We hope you can join us ***Registration is Required 9-12 am Saturday 10/11 & 10/25**

***Trick or Treat Trail** — *Multiple Staff*
Take a walk through the FRC, playing games, enjoying treats, and maybe a few tricks too!
***Registration Required Friday 4-5 pm 10/24**

Life Skills

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

DOMESTIC VIOLENCE VIGIL

Monday October 6th at 6:30PM

No registration required, all are welcome
Perry Auditorium at Gardner City Hall



CLINICAL
& SUPPORT
OPTIONS

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

CSOINC.ORG