

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.



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED Labor Day 1	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 2	*11-12 Book Club 4-5 Art Hour: Free Choice 3	*5-7 Nurturing Fathers 4	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Games Club 5	6
7	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens 8	*4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 9	*11-12 Book Club 4-5 Art Hour: Foil Families or Dragonflies 10	*5-7 Nurturing Fathers *5-6 Family Dinner *6-7:30 Cut Loose: Collaging with Michael Sjostedt 11	12	*9-12 Family Bingo & Brunch 13
14	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group *5:30-7:30 Parenting Journey 1 15	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 16	*11-12 Book Club 4-5 Art Hour: Candy Apples 17	*5-7 Nurturing Fathers 18	10-11 Infant/Toddler Story & Playtime 4-5 Chess & Board Games Club 19	20
21	9-10 Exercise Hour *4-5 Board Games & Social Skills for Teens *5:30-7:30 Parenting Journey 1 22	*4-5 Kids Art & Game Group for Ages 5-8 5-6 Dad's Corner 23	*11-12 Book Club 4-5 Art Hour: Cloud in a Jar 24	4:30-5:45 The Bullying Presentation for Parents/ Caregivers by the District Attorney (Virtual) *5-7 Nurturing Fathers 25	*12-1 Lunch & Learn 26	*9-12 Apple Picking At Hollis Hills Farm 27
28	9-10 Exercise Hour 10-11 Grandparents Raising Grandchildren Support Group *5:30-7:30 Parenting Journey 1 29	*4-5 Kids Art & Game Group for Ages 5-8 4-5 Parent Chat 30	Drop-Ins Welcome! (But pre-registration is required for many groups. Call for more information.) (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 9/5 & 9/19 from 10-11 am**

Art Hour — *Multiple Staff*
Create and explore art through fun projects. All ages & skill levels welcome! **Wednesdays 9/3, 10, 17, 24 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 9/5 & 9/19 @ 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**



CLINICAL
& SUPPORT
OPTIONS

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

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**

The Bullying Presentation — *Cathy Phillips*
Presented by the District Attorney Early's Office, this zoom presentation covers bullying, types of harassment, warning signs, mandated reporting, 504 & IEP's, safety tips and how to identify a trusted adult. **Thursday 9/25 4:30-5:45 pm** Email [Cathy Phillips at Catherine.Phillips@csoinc.org](mailto:Cathy.Phillips@csoinc.org) for more details

EDUCATION

***Lunch & Learn: ADHD: 7 Steps to More Cooperation and Less Conflict** — *Summer*
Parenting a child with ADHD can be difficult at times, but you don't have to face these challenges alone. Join us for lunch and to view a pre-recorded workshop discussing strategies to increase cooperation and decrease conflict with your child. **Friday 9/26 from 12-1 pm**
Email Summer.HaggertyMeeker@csoinc.org to register and for more details.

***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**

FAMILY ACTIVITIES

***Family Dinner** — *Summer*
Join us this month for a dinner of General Gaos chicken and veggie fried rice. **Register Today!**
(Please let us know if you have any allergies)
Thursday 9/11 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 picture frame! ***Registration Required* Thursday 9/11 from 6-7:30 pm**

***Family Bingo & Brunch** — *Summer & Cathy*
Stop by for some bingo and brunch! Win a fun prize!
Saturday 9/13 from 9am-12pm

***Apple Picking at Hollis Hills Farm** — *Connor & Kathy*
Kick off the Fall at Hollis Hills Farm in the hills of Fitchburg to pick some apples and enjoy some family fun time together outdoors. ***Weather permitting* Spots are limited, so be sure to register today!** Email Connor.Collins@csoinc.org to register and for more details
Saturday 9/27 from 9am-12pm

Life Skills

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

National Grid Customer Service — *Customer Advocate*
Engage with the National Grid Customer Advocate to discuss your account. **Tuesday 8/19, 9:30 am-1 pm**

***Apple Picking at Hollis Hills Farm**
Saturday 9am-12pm
Spots are limited so please reach out!
Contact Us to Reserve a Place!

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