

APRIL 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 30	March 31	1	2	3	4	5
	4-5 pm Fatherhood Table 5-6:30 pm Parent Meet-Up Group @ Seven Hills FSC		Drop-In Hours to 6 PM	4-6 pm Thursday Night Out for Pre-Teens & Teens Drop-In Hours to 6 PM		
6	7	8	9	10	11	12
	10-11 am Raising Kin (Southbridge) 5-6:30 pm Parent Meet-Up Group @Seven Hills FSC	Registration Deadline for Nurturing Fathers	Drop-In Hours to 6 PM	4-6 pm Thursday Night Out for Pre-Teens & Teens Drop-In Hours to 6 PM	10-11 am Essentials of Parenting	
13	14	15	16	17	18	19
	10-11 am Raising Kin (Milford) 5-6:30 pm Parent Meet-Up Group @Seven Hills FSC	1-3 pm Nurturing Fathers (session 1)	Drop-In Hours to 6 PM	4-6 pm Thursday Night Out for Pre-Teens & Teens Drop-In Hours to 6 PM		
20	21	22	23	24	25	26
	5-6:30 pm Parent Meet-Up Group @ Seven Hills FSC	1-3 pm Nurturing Fathers (session 2)	Drop-In Hours to 6 PM	4-6 pm Thursday Night Out for Pre-Teens & Teens Drop-In Hours to 6 PM		Healthy Kids Day @ Southbridge YMCA 10am - 12pm Weekend Hours (Appointment or Drop-In)
27	28	29	30	May 1		
	4-5 pm Fatherhood Table 5-6:30 pm Parent Meet-Up Group @ Seven Hills FSC	1-3 pm Nurturing Fathers (session 3) 4:30-5:30 pm Raising Kin (virtual)	4-5:30 pm Resume Writing Workshop Drop-In Hours to 6 PM	Drop-In Hours to 6 PM		Active Parenting: Pre-Teens & Teens Fridays 11 am-1 pm starts May 16 th

Southbridge Family Resource Center
5 Optical Drive, Southbridge MA 01550
Phone: 508-519-3590, option 1

**Open Monday-Friday from 9:00 am - 4:00 pm
for Appointments & Drop-Ins**

Open late to 6:00 pm on Wednesdays & Thursdays,
plus the last Saturday of each month from 10:00 am - 12:00 pm

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Caregiver Support Groups

Raising Kin - Support group for grandparents raising grandchildren and other kinship caregivers. Monthly gatherings offered at Southbridge FRC, Milford YOU Inc Clinic, and online. Drop-ins welcome.

The Fatherhood Table - Monthly opportunities for male caregivers to gather and connect, share their stories, learn about resources, and enjoy a meal together. Gatherings held at Southbridge FRC.

Parent Meet-Up Group - Informal gathering for parents and caregivers, co-facilitated with the Seven Hills Family Support Center. Share and discuss your successes and concerns, and learn about resources to help your child be successful in the world. Inclusive group for parents of youth and young adults with and without developmental disabilities. **Meets at DDS Family Support Center on 2nd floor of 5 Optical Drive, Southbridge**

Essentials of Parenting - Virtual and in-person group for parents of all ages who want to learn more about parenthood and local resources. Facilitated by YOU, Inc. Young Parent Support program. **Call Diana at 508-827-9921 to sign-up.**

Youth Activity Groups



Thursday Night Out - Informal group for youth in middle school and early high school. Safe space facilitated by staff from the Family Resource Center and YOU, Inc. A different theme every month, and a different activity every week!

- **April is Stress Awareness Month, so we're filling the month with relaxing activities to help calm stress and anxiety....from watching "Inside Out 2" to making our own stress balls! Call 508-519-3590 to learn more!**

Other Programs & Events

Monthly Workshops - Opportunity to learn about a local resource or to build valuable life skills. Topics may include child safety, wellness, career growth, money management and more. Open to the public. Must register in advance by calling the Family Resource Center at **508-519-3590**.

- **APRIL 30: Resume Writing Workshop** with a special guest from MassHire. *Join this workshop in-person or virtually!*

Evidence-Based Parenting Classes

Must Register In Advance: Call 508-519-3590

Active Parenting: First Five Years - Program for parents and caregivers of children birth to age 5. Includes topics on child development, addressing negative behaviors and encouraging positive behaviors, and preparing your child for school success. Meets 2 hours/week for 4 weeks.

Active Parenting of Pre-Teens & Teens - Program for parents and caregivers of youth ages 11-16, focused on strengthening the parent-teen relationship, using active communication and effective discipline to build teens' responsibility and self-esteem, and addressing the risks of drugs, sexuality and violence. Meets 2 hours/week for 6 weeks.

- **Starts May 16th! Register by May 9th.**

Paternidad Activo - Programa para padres y madres que hablen español. Incluye temas como desarrollo infantil, comunicación activa, resolución de problemas, disciplina sin violencia y apoyo para el éxito escolar. Se reúne 2 horas por semana durante 5 semanas.

Cooperative Co-Parenting - Program for parents who share a child, but are not actively in a relationship and do not live together. Learn powerful ways to communicate cooperatively, make co-parenting decisions in the best interest of your children, and avoid the destructive effects that separation or divorce can have on a family. Meets 2 hrs/wk for 8 weeks.

Parenting Journey - Confidential and safe space for parents and caregivers to explore how your own childhood impacts your parenting style, and to set goals for the parent you want to be in the future. Connect with other parents and caregivers on their own journey. Meets 2 hours/week for 12 weeks.

Nurturing Fathers - Program brings together men from all family circumstances (custodial, non-custodial, step-fathers, new fathers) to explore what it takes to be your child's nurturer and teacher. Learn how important it is to provide a nurturing and secure environment so that your children gain self-esteem and confidence. Meets 2 hrs/wk for 13 weeks.

- **Starts April 15th! Register by April 8th.**

Padres Carinosos - Programa para padres que hablen español (con custodia, sin custodia, padrastros). Descubra qué se necesita para ser el cuidador y maestro de su hijo, y aprenda la importancia de un entorno seguro y enriquecedor para ayudar a su hijo a ganar autoestima y confianza. Se reúne 2 horas por semana durante 13 semanas.

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Mon. 9am-4pm | Tue. 9am-4pm | Wed. 9am-6pm | Thu. 9am-6pm | Fri. 9am-4pm