



JANUARY 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			 HAPPY New Year	FRC CLOSED	WCAC at FRC 9am-12pm	
4	5 Unique Perspectives 4:30 - 5:30pm Parenting Journey 2 - 4pm	6	7 Real Talk Wednesdays 3:30 - 5:30pm	8	9 WCAC at FRC 9am-12pm Essentials of Parenting 10:00am	10
11	12 Parenting Journey 2 - 4pm	13 STEM & Chill: Creative Indoor Activities 10AM - 11AM	14 Real Talk Wednesdays 3:30 - 5:30pm	15	16 WCAC at FRC 9am-12pm	17
18	19 Mama Bear Lounge 4:30 - 5:30pm Parenting Journey 2 - 4pm	20	21 Real Talk Wednesdays 3:30 - 5:30pm	22	23 WCAC at FRC 9am-12pm	24
25	26 Fatherhood Table 4-5pm Parenting Journey 2 - 4pm	27	28 Real Talk Wednesdays 3:30 - 5:30pm	29	30	31 FRC OPEN HOURS 10am - 12pm

5 Optical Drive, Southbridge MA 01550
Phone: 508-519-3590



Open for Appointments & Walk-Ins:
Mon., Tues., Wed. 9am - 6pm, Thurs. and Fri., 9 am - 4 pm
Last Saturday of each month, 10 am - 12 pm



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Support Groups

Raising Kin

Support group for grandparents raising grandchildren and other kinship caregivers. Meetings in Southbridge and Milford.
Drop-ins welcome.

The Fatherhood Table

Monthly get-together for male caregivers to connect, share their stories, learn about resources, and enjoy a meal together. Drop-ins welcome.

Unique Perspectives

A support group for parents and caregivers of children with special needs. Connect with other caregivers who are walking their own unique paths and learning to support and advocate for their children's needs.

Please call 508-519-3590 or email SFRC2@sevenhills.org to RSVP.

Essentials of Parenting

Virtual and in-person group for parents of all ages, led by YOU, Inc. Young Parent Support staff. Kids are welcome to attend with their parents.

Date: January 9th at 10:00am

Location: Southbridge FRC

Call/text Diana at 508-827-9921 to sign-up.

JOIN US FOR A FUN & INSPIRING GATHERING DESIGNED FOR PARENTS WHO WANT A LITTLE CREATIVITY AND A LOT OF CONNECTION! WE WILL BE DOING A FUN VISION-BOARD ACTIVITY TO SPARK INSPIRATION AND SET EMPOWERING GOALS FOR THE YEAR.



Mama Bear Lounge:

Empowering moms through shared experiences

Parenting Education

Parenting Journey

Join other parents & caregivers for this 12-week group focusing on the challenges and the joys of your parenthood journey.

Please call to register for group

Meets Tuesdays from 2:00-4:00 pm.

Youth Activities

Real Talk Wednesdays

A safe, informal space for youth in middle school and early high school.

January's theme is:

Jan. 7th:

Jan. 14th:

Jan 21st:

Jan. 28th:

*Parent/guardian must sign consent and emergency contact forms at first drop-off.

Call 508-519-3590 to learn more.

Parent/ Child Activities

Family Game Night:

Join us for a little competition and family fun!

Workshops

STEM & Chill: Creative Indoor Activities

"Relax, learn, and play together."

When the weather keeps you indoors, turn your home into a hub of creativity and discovery!

These activities are perfect for cozy afternoons at home. Join us and discover how learning can be playful, stress-free, and full of laughter—because STEM isn't just for classrooms, it's for families too!

Call to register today!



Southbridge Family Resource Center

5 Optical Drive, Southbridge MA 01550 | Phone: 508-519-3590, option 1

Facebook.com/
SouthbridgeFRC