



Scan the QR code to view bus routes and transportation options in your area



# July



Scan to view online calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Click on any event to learn more!			1 (GRG) Grandparents Raising Kin Social Group 3:30PM - 4:30pm	2 (GRG) Grandparents Raising Kin Social Group 11:30am - 12:30pm	3 FRC closed in observance of July 4 <sup>th</sup> holiday	4 
5	6 Family Movie Night 4:00 - 5:30pm	7 Sunshine Pals Play group @ Jacob Edwards Library 10:30am - 12:30pm	8 Real Talk Wednesdays 3:30 - 5:30pm	9 (GRG) Grandparents Raising Kin Social Group 11:30am - 12:30pm	10 WCAC at FRC 9am-12pm Essentials Of Parenting 10:00am	11 Totally Tie Dye activity! FRC open: 10am-12pm Activity: 10:30-11:30am
12	13 Mama Bear Lounge 4:30 - 5:30pm	14  Sunshine Pals Play group @ Jacob Edwards Library 10:30am - 12:30pm	15 Real Talk Wednesdays 3:30 - 5:30pm	16 Sunshine Pals Play group @ FRC 10:30am - 11:30am	17 The Parent Perk Coffee Hour 10AM WCAC at FRC 9am-12pm	18
19	20	21 Sunshine Pals Play group @ Jacob Edwards Library 10:30am - 12:30pm 	22 Real Talk Wednesdays 3:30 - 5:30pm	23 Sunshine Pals Play group @ FRC 10:30am - 11:30am 	24 National Grid at FRC 9am - 12pm WCAC at FRC 9am-12pm The Parent Perk Coffee Hour 10AM	25 Sunny Days & Safe Ways FRC open: 10am-12pm Activity: 10:30-11:30am
26	27 Mama Bear Lounge VIRTUAL 10:30 - 11:30am Fatherhood Table 4:00 - 5:00 pm	28 Sunshine Pals Play group @ Jacob Edwards Library 10:30am - 12:30pm 	29 Real Talk Wednesdays 3:30 - 5:30pm	30 Sunshine Pals Play group @ FRC 10:30am - 11:30am 	31 WCAC at FRC 9am-12pm The Parent Perk Coffee Hour 10AM	

5 Optical Drive 1st Floor, 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



Walk-ins  
Welcome!



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## Support Groups



### 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.

### Mama Bear Lounge

Come as you are mama and join us for a safe space to be yourself and connect with other mamas!

**Food and Craft supplies provided!**

#### Dates:

7/13 from 4:30-5:30pm  
7/27 from 10:30-11:30am



### Essentials of Parenting:

**Friday, July 10th at 10:00 AM**

Join us for a joyful and interactive session! This monthly workshop will explore simple, meaningful ways to strengthen family routines, support your child's developmental milestones (tailored to the ages of participants' children)

*Create fun memories through games and activity ideas you can try at home!*

### The Parent Perk Coffee Hour

**Every Friday at 10:00 AM**

**For parents ages 25 and under**

Start your Friday with a warm cup of coffee, good vibes, and great company! A relaxed weekly meetup designed just for young parents. Come connect with others your age, share experiences, swap ideas, and take a well-deserved break in a welcoming, judgment-free space.

**Whether you're looking for support, laughter, or just a quiet moment with your coffee—you'll find it here.**

**Call / Text Diana to RSVP: 508-827-9921  
5 Optical Drive, Southbridge, MA**

## Parenting Education

Call to ask  
about future  
classes.

## Youth Activities

### Sunshine Pals Playgroup

We're back! Come join us in a group where giggles grow and friendships shine! Designed for curious little explorers and their caregivers.

*(See front of calendar or flyer for location of each playgroup)*

#### Upcoming Dates:

July 7<sup>th</sup> (Library) & 16<sup>th</sup> (FRC) - Theme: **Ocean**

July 14<sup>th</sup> (Library) & 23<sup>rd</sup> (FRC) - Theme: **Zoo**

July 21<sup>st</sup> (Library) & 30<sup>th</sup> (FRC) - Theme: **Dinos**

July 28<sup>th</sup> (Library) - Theme: **Construction**

### Real Talk Wednesdays

Looking for a space where you can just be yourself? Join us for Real Talk Wednesdays—a safe, informal hangout for youth in middle school and early high school (ages 12-15). Come connect, share, and talk about what matters. No pressure, no judgment—just real conversations, good vibes, and a chance to make new friends!

**July's Theme: America's Treasures**

July 8<sup>th</sup>: **National Treasure (PG)**

July 15<sup>th</sup>: **"Real or Fake"**

July 22<sup>nd</sup>: **Museum Heist**

July 29<sup>th</sup>: **Treasure Hunt**



REAL  
OR  
FAKE?

*\*Parent/guardian must sign consent and emergency contact forms at first drop-off.  
Call 508-519-3590 to learn more.*

### Totally Tie-Dye activity!

Celebrate summer with a splash of color at the FRC! Join us on July 25<sup>th</sup> from 10:30-11:30 AM to tie-dye your very own shirt and create a fun masterpiece to wear all season long. Go for red, white, and blue or mix up your favorite bright summer colors – it's going to be a colorful, creative morning full of July fun! 🌈🌞👕 Free event: All materials provided. **Please register and inform staff of t-shirt size(s)**

**FRC open: 10am-12pm  
Activity: 10:30-11:30am**

## Parent/ Child Activities



### Family Movie Night: CAMP ROCK

"This is real, this is me – come be part of the melody!"

Turn up the speakers and get ready for a night all about **music, passion, and finding your voice!** Join us for a **Camp Rock-inspired** movie night where every moment is filled with unforgettable songs and sing-along energy.

#### The vibe:

- Living your **pop star dreams** 🌟🎤
- Feeling the rhythm, the lyrics, and the heart behind every song ❤️

📍 **Where:** Family Resource Center

🕒 **When:** July 6th from 4:00-6:00pm

**Dinner served from 4:00-4:30pm, Movie begins at 4:30 Please let staff know about any allergies.**

**Walk-ins welcome, registration encouraged.**

## Workshops



### Sunny Days & Safe Ways

Join us for an interactive workshop highlighting key topics such as outdoor safety, sun protection, water safety, budget friendly snacks and more. Families are invited to participate in fun, age-appropriate experiences while also learning practical strategies to keep children safe and healthy during the summer season.

**Date:** July 25<sup>th</sup>

**Activity Time:** 10:30am - 11:30am



FOLLOW US

**SOUTHBRIDGE FAMILY RESOURCE CENTER**  
5 Optical Drive 1st Floor, Southbridge MA 01550 | Phone: 508-519-3590, option 1