

JUNE 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Click on any event to learn more!	2 5-6:30 pm <u>Parent Meet-Up Group</u>	3	4	5 11 am - 12 pm <u>Raising Kin - Southbridge</u> 4-6 pm <u>Thursday Night Out</u>	6 11 am - 1 pm <u>Active Parenting: Pre-Teens & Teens</u>	7
8	9 1:30-2:30 pm <u>Sunshine Pals playgroup</u> 5-6:30 pm <u>FSC Parent Meet-Up</u>	10	11	12 11 am - 12pm <u>Raising Kin - Milford</u> 4-6 pm <u>Thursday Night Out</u>	13 10-11 am <u>Essentials of Parenting</u> 11 am - 1 pm <u>Active Parenting: Pre-Teens & Teens</u>	14
15	16 1:30-2:30 pm <u>Sunshine Pals playgroup</u> 5-6:30 pm <u>FSC Parent Meet-Up</u>	17	18	19 Office Closed for Juneteenth	20 11 am - 1 pm <u>Active Parenting: Pre-Teens & Teens</u>	21 11 AM - 3 PM <u>Family Fun Day</u> (Southbridge Town Common)
22 hello SUMMER	23 1:30-2:30 pm <u>Sunshine Pals playgroup</u> 2:30-3:30 <u>Summer Wellness Workshop</u> 5-6 pm <u>Raising Kin - virtual</u>	24 11:00 am SUN-bucks Lunch Activities at Jacob Edwards Library	25 Registration deadline for <u>Active Parenting: First 5 Years</u> (starts July 1)	26 4-6 pm <u>Thursday Night Out</u>	27 11 am - 1 pm <u>Active Parenting: Pre-Teens & Teens</u> Registration deadline for <u>Parenting Journey</u> (starts July 8)	28 10am - 12pm <u>Weekend Hours</u> (Appointment or Drop-In)
29	30 1:30-2:30 pm <u>Sunshine Pals playgroup</u> 4-5 pm <u>Fatherhood Table</u>	July 1 11:00 am SUN-bucks Lunch Activities at JEL 1-3 pm <u>Active Parenting: First 5 Years</u>	July 2	July 3 4-6 pm <u>Thursday Night Out</u>	July 4 Office Closed for July 4th	SAVE THE DATE! New YFCP Playgroup starts July 9th! <u>Click here for info.</u>

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

Open for appointment or walk-in:
Monday/Tuesday/Friday, 9:00 am - 4:00 pm
Wednesday/Thursday, 9:00 am - 6:00 pm

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Support Groups

Raising Kin

Support group for grandparents raising grandchildren and other kinship caregivers. Meetings in Southbridge, Milford and virtually. **Drop-ins welcome. Call for virtual link.**

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.**

Parent Meet-Up Group

Informal gathering for parents and caregivers, co-facilitated with the Seven Hills Family Support Center. Inclusive group for parents of youth and young adults with and without developmental disabilities. **Drop-ins welcome.**

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

- June 13th: Fathers Day Party
- July 11th: Fun in the Sun
- Aug 8th: Day at the Park
- Sept 12th: Healthy Movement

Parent Education

Active Parenting: First Five Years

Evidence-based program for parents and caregivers of children birth to age 5. Meets 2 hours/week for 4 weeks. Free, on-site childcare. **Starts Tuesday, July 1. Register by June 27th!**

Parenting Journey

Evidence-based group helps parents and caregiver explore how your own childhood impacts their parenting style and to set goals for the future parenting. Meets for 12 weeks. Free on-site childcare. **Starts Tuesday, July 8. Register by June 25.**

Youth Activities

Thursday Night Out

Safe, informal space for youth in middle school and early high school. A different theme every month, and a different activity every week!

June's topic is **BELONGING & PRIDE!**

- 6/5 - Movie: "Strange Worlds" (PG)
- 6/12 - Scavenger Hunt
- 6/19 - Closed for Holiday
- 6/26 - Friendship Bracelets

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

Parent/Child Activities

"Sunshine Pals" playgroup

Drop-in playgroup for little ones ages 3-5, with a parent or caregiver. Each Monday, 1:30-2:30 pm. **Drop ins welcome!**

- June 9 - Dinosaurs
- June 16 - Blast off into Space
- June 23 - Let's go to the Farm
- June 30 - Red, White & Blue

Summer Wellness Workshop

Bring your kids and have fun learning about ways to stay active and safe during the summer months! Includes a hands-on activity. **June 23 @ 2:30pm. Register by June 18.**

SUN-bucks Lunch Activities

The Jacob Edwards Library is a location for SUN-bucks free DAILY summer lunches for all children! Staff from the FRC will be on-hand several days to lead activities and share resources.

Community Events

Southbridge Family Fun Day

4th Annual Event – FREE and open to the community! Saturday, June 21, 11 am - 3 pm at Southbridge Town Common! Join us for DJs, raffles, games, crafts, food, and lots of local resources. **For more info: DToribio@SevenHills.org**



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

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