



# may



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 <u>WCAC at FRC</u> 9am-12pm	2 <b>Mother's Day Craft</b> 10:00am - 12:00pm
3	4 <u>Family Movie Night</u> 4:00 - 6pm	5 <b>CINCO de Mayo</b> <u>Nurturing Fathers</u> 1:00-3:00pm	6 <u>Coffee, Cookies &amp; Conversation</u> (GRG) 3:30pm - 4:30pm <u>Real Talk Wednesdays</u> 3:30 - 5:30pm	7 <u>Coffee, Cookies &amp; Conversation</u> (GRG) 11:30AM - 12:30pm	8 <b>No WCAC at FRC</b> <u>Essentials of Parenting</u> 10:00 - 11:00am	9	
10 	11 <u>Mama Bear Lounge</u> 4:30 - 5:30pm	12 <u>Nurturing Fathers</u> 1:00-3:00pm	13 <u>Real Talk Wednesdays</u> 3:30 - 5:30pm	14 <u>Coffee, Cookies &amp; Conversation</u> 11:30AM - 12:30pm	15 <u>WCAC at FRC</u> 9am-12pm <u>The Parent Perk Coffee Hour</u> 10AM	16	
17	18 <u>Mama Bear Lounge</u> 10:30am - 11:30am <u>Fatherhood Table</u> 4:00 - 5:00 pm <u>The Talk 2.0 - Teen educational workshop</u> 4:00pm - 5:30pm	19 <u>Nurturing Fathers</u> 1:00-3:00pm <u>Parenting Journey</u> 12:00 pm - 1:30pm	20 <u>Real Talk Wednesdays</u> 3:30 - 5:30pm	21	22 <u>National Grid at FRC</u> 9am - 12pm <u>WCAC at FRC</u> 9am-12pm <u>The Parent Perk Coffee Hour</u> 10AM	23	
24	25  <b>FRC Closed</b>	26 <u>Nurturing Fathers</u> 1:00-3:00pm <u>Parenting Journey</u> 12:00 pm - 1:30pm	27 <u>Real Talk Wednesdays</u> 3:30 - 5:30pm	28	29 <u>WCAC at FRC</u> 9am-12pm <u>The Parent Perk Coffee Hour</u> 10AM <u>Active Parenting of Teens</u> 11:00am - 1:00pm	30 <b>FRC Open Hours</b> 10:00am - 12:00pm	



5 Optical Drive 1st Floor, Southbridge MA

01550

Phone: 508-517-3590

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



**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!



# May!



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## Support Groups

### Coffee, cookies and conversation (GRG)

Support group for grandparents raising grandchildren and other kinship caregivers. A group for socializing and supporting each other. Drop-ins welcome. Coffee and cookies provided



### 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:

#### Empowering moms through shared experiences

Motherhood is beautiful, but it's not always easy—and you don't have to face it alone. Mama Bear Lounge is your cozy, judgment-free space to connect with other moms, and share your stories. Snacks & refreshments provided.

*In honor of Mother's Day, we encourage all mama bears to bring their cubs! Craft supplies provided*

#### \*Upcoming dates:

May 11th 4:30 - 5:30pm (back parking lot of FRC)  
May 18th 10:30am - 11:30am (Henry St Park!)



### Essentials of Parenting:

Friday, May 8th 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! The Parent Perk Coffee Hour is 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.



## Parenting Education

### Nurturing Fathers Program

An evidence-based parenting class designed to help fathers build strong parenting skills, improve communication, and support healthy child development. Join other dads in a supportive group setting to learn practical tools that strengthen family relationships.

Every Tuesday from March 17<sup>th</sup> - June 9<sup>th</sup>  
Registration Closed

### Parenting Journey

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

Meets Tuesdays from 12 pm - 1:30 pm.

Starts May 19 2026!

Register by Friday, May 1st

### Active Parenting of Teens

May 29<sup>th</sup> - July 3<sup>rd</sup> 11am - 1pm

A supportive program for parents and caregivers to build stronger relationships with their teens. Learn effective communication, set healthy boundaries, and guide your teen toward responsible decision-making—all while creating a positive and respectful home environment.

## Youth Activities

### 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!

May's theme is: **Money Matters**

May 6th: "Confessions of a Shopaholic" (PG)

May 13th: Retail Reality Check featuring CORNERSTONE BANK!

May 20th: Money Skills Jeopardy featuring CORNERSTONE BANK!

May 27th: The Game of Life

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

## Parent/ Child Activities



### Family Movie Night:



Featuring: TO BE ANNOUNCED!

Join us for a free family movie night featuring a colorful animated adventure! This fun, heartwarming film is perfect for all ages. Enjoy a family-friendly film, complimentary refreshments, and create cherished memories with your loved ones.

Where: Family Resource Center

When: May 4<sup>th</sup> from 4:00-6:00pm



## Workshops

### The Talk - 2.0 - Because Your Future Matters

Less awkward, more real: Education, smart choices, prevention, and support for every outcome!

Join us for a judgement free discussion about sex, choices, and support - for teens and parents!

Special Speakers: Young Parent Support (YPS), UMASS Harrington Hospital Staff

**SOUTHBRIDGE FAMILY RESOURCE CENTER**  
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