



OCTOBER 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <u>11 am - 12 pm</u> <u>Raising Kin -</u> <u>Southbridge</u>	3	4
5	6 <u>4:30 - 5:30 pm</u> <u>Unique Perspectives</u>	7	8 <u>3:30-5:30 pm</u> <u>Real Talk Wednesday</u>	9 <u>11 am - 12pm</u> <u>Raising Kin -</u> <u>Milford</u>	10	11
12	13 <u>4:00pm - 5:30pm</u> <u>Family Movie Night</u>	14	15 <u>3:30-5:30 pm</u> <u>Real Talk Wednesday</u>	16	17	18
19	20 <u>"Pumpkin Spice & Safety Advice" Safety Workshop 3-4pm</u>	21	22 <u>Active Parenting: First Five Years</u> <u>3:30-5:30 pm</u> <u>Real Talk Wednesday</u>	23	24 <u>Umass Harrington Trunk or Treat</u>	25 <u>FRC Walk in Hours</u> <u>10am - 12pm</u>
26	27 <u>4-5 pm</u> <u>Fatherhood Table</u>	28 <u>Nurturing Fathers (virtual Class)</u>	29 <u>3:30-5:30 pm</u> <u>Real Talk Wednesday</u>	30	31 <u>HAPPY Halloween</u>	

Click on any event
to learn more!

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



Open for Appointments & Walk-Ins:
Monday, Tuesday, Wednesday 9am - 6pm, Thursday and Friday, 9 am - 4 pm
Last Saturday of each month, 10 am - 12 pm
Evening appointments available by request





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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. **Call/text**

Diana at 508-827-9921 to sign-up.

- October 10 - Domestic Violence Awareness
- November 14 - Healthy Cooking
- December 12 - Mental Health Management

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. **Starts Wednesday Oct. 22. RSVP by Oct. 15**

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 virtually 2 hrs/wk for 13 weeks.

Youth Activities

Real Talk Wednesdays

A safe, informal space for youth in middle school and early high school. September's theme is **Unhealthy Relationships**:

- **October 8th**: Live Action "Beauty and the Beast" (PG)
- **October 15th**: Spot the "Red Flag"
- **October 22nd**: Board game creation
- **October 29th**: "Should they" or "Shouldn't they"

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

Movie Night!

You're invited to an evening of snacks, laughs, and a little mystery-solving fun!

Clues to the Feature Film:

- A lovable dog with a nose for trouble
- A crew that's always unmasking the truth
- A mystery that's anything but scary

Date & Time: Monday, October 13th, 4:00-5:30 pm.

Workshops

"Pumpkin Spice & Safety Advice"

Join us for a cozy and informative workshop where autumn vibes meet practical safety tips!

What to expect:

- Fall-themed refreshments
- Practical safety tips
- Interactive activity
- A warm, welcoming atmosphere

Please call 508-519-3590 or email erosario@sevenhills.org to sign-up.

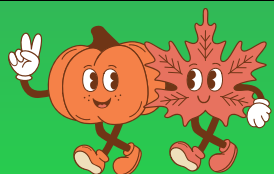
Community Events

Umass Harrington Trunk or Treat

Location: Harrington Hospital 100 South St.

Date: October 24th

Time: 4:00 PM – 6:00 PM



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

**Facebook.com/
SouthbridgeFRC**

