



SEPTEMBER 2025



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <u>Office Closed for Labor Day</u>	2	3 <u>3:30-5:30 pm Real Talk Wednesday</u>	4 <u>11 am - 12 pm Raising Kin - Southbridge</u>	5	6
7	8 <u>4-5 pm Fatherhood Table</u> <u>4:30 - 5:30 pm Unique Perspectives</u>	9	10 <u>3:30-5:30 pm Real Talk Wednesday</u>	11 <u>11 am - 12pm Raising Kin - Milford</u>	12 <u>10am - 11am Essentials of Parenting</u> <u>4pm - 6pm Henry Street Resource Fair</u>	13
14	15 <u>3:30 - 5:00 pm "From Hey To Hired": Resume & Interview Prep for young adults</u>	16	17 <u>3:30-5:30 pm Real Talk Wednesday</u>	18	19	20
21	22 <u>4:30pm - 5:30pm Family Game Night</u>	23	24 <u>3:30-5:30 pm Real Talk Wednesday</u>	25	26	27 <u>FRC Walk in Hours 10am - 12pm</u>
28	29 <u>4-5 pm Fatherhood Table</u>	30	Oct 1 <u>3:30-5:30 pm Real Talk Wednesday</u>	Oct 2	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 to 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, 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.

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.

- Sept 12th: Healthy Movement

Unique Perspectives

Brand new 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 to sign-up.

Community Events

Henry Street Resource Fair

Come join us at **Henry Street Park** for handball and connect with some free local resources!

- September 12th 4pm - 6pm
- Food, Activities, Games and Raffles available.

Youth Activities

Real Talk Wednesdays

Safe, informal space for youth in middle school and early high school. August's theme is **EVERY FAMILY MATTERS**:

- September 3rd: "Encanto" (PG)
- September 10th: Family Feud
- September 17th: Create Your Casita
- September 24th: DIY Flower Crafts

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

Parent/Child Activities

Family Game Night

Join us for an hour full of family fun, laughter, and friendly competition!

- Monday, September 22th, 4:30-5:30 pm.

Board and card games available for ages 5 and up.

Workshops

"From Hey To Hired"

Ready to take the next step in your career journey? Join the Family Resource Center for an empowering workshop designed to help you shine on paper and in person!

Whether you're updating your resume, preparing for interviews, or just starting your job search, this session will give you the tools and confidence to present your best self.

- Monday, September 15th 3:30pm - 5:30pm

Please call to register!

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Open for appointment or walk-ins services: Monday - Friday 9:00 am - 4:00pm

**Facebook.com/
SouthbridgeFRC**

