

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ➤ Grandparents raising Grandchildren	2 ➤ Job Search 101 ➤ Family Game night - (A+T+K): Game of Choice	3 ➤ Active Parenting of Teens ➤ Parent & Child Play Group ➤ Tween Group	4 4th of July ~ ~ ~ ~ ~ FRC office closed	5
6	7 ➤ Shopping on a Budget w/ Lynn - (10 – 11 AM) ➤ FRC Drop-in Hour ➤ Teen Group	8 ➤ Grandparents raising Grandchildren ➤ Youth Carnival - (12 – 3 PM) ➤ Family Support Group	9 ➤ Job Search 101 ➤ Family Game night - (A): Swim Safety Presentation - (T+K): Youth Activity	10 ➤ Active Parenting of Teens ➤ Parent & Child Play Group ➤ Tween Group	11 ❖ <u>Friday Schedule</u> + Appointments Only + Office closed 11 AM – 1 PM for staff meeting + Office closes 3 PM	12 ➤ Saturday Movie: Movie Morning at the FRC - (10 am – 12 pm) (see flyer for details)
13	14 ➤ FRC Drop-in Hour ➤ Teen Group	15 ➤ Grandparents raising Grandchildren ➤ Summer Challenge Series	16 ➤ Job Search 101 ➤ Family Game night - (A+T+K): Game of Choice	17 ➤ Active Parenting of Teens ➤ Parent & Child Play Group ➤ Tween Group	18 ❖ <u>Friday Schedule</u> + Appointments Only + Office closed 11 AM – 1 PM for staff meeting + Office closes 3 PM	19
20	21 ➤ FRC Drop-in Hour ➤ Teen Group	22 ➤ Grandparents raising Grandchildren ➤ Summer Challenge Series ➤ Family Support Group	23 ➤ Job Search 101 ➤ Family Game night - (A+T+K): Game of Choice	24 ➤ Active Parenting of Teens ➤ Parent & Child Play Group ➤ Tween Group	25 ❖ <u>Friday Schedule</u> + Appointments Only + Office closed 11 AM – 1 PM for staff meeting + Office closes 3 PM	26 ➤ Saturday Activity: All about Birds w/ the FRC - (10 am – 12 pm) (see flyer for details)
27	28 ➤ FRC Drop-in Hour ➤ Teen Group	29 ➤ Grandparents raising Grandchildren ➤ Summer Challenge Series	30 ➤ Job Search 101 ➤ Family Game night - (A+T+K): Family Bingo	31 ➤ Active Parenting of Teens ➤ Parent & Child Play Group ➤ Tween Group		

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Calendar Descriptions

Evidence Based Parenting Courses

- **Parenting Journeys :** This is a 12-week strength based parenting course that focuses on how your upbringing as a child influences your parenting style now. You will join other parents in a calm, confidential environment to discuss and learn new techniques and skills, all while navigating the road ahead. Not Currently Running
- **Nurturing Fathers :** This is a 13-week peer-support centered parenting course that focuses on male nurturance and the roles dads play in the family. The course brings together men from different walks of life and family circumstances and focuses on the skills needed to help kids grow up feeling secure, loved, and self-confident. Not Currently Running
- **Active Parenting 4th Ed. :** A 6-week course, specifically focused on parents and caregivers of 5 - 12 year old children. The course focuses on knowledge and strategies geared towards raising responsible and cooperative kids who understand and can resist negative peer pressure. Not Currently Running
- **Active Parenting of Teens :** A 6-week course, specifically focused on parents and caregivers of 13-18 year old children. The course focuses on the skills and techniques needed for communication without conflict and raising self-disciplined teenagers. Thursdays 10:00 AM – 12:00 PM

Arts, Crafts, Culture & More

- **Family Game Night :** Come join the Ware FRC crew for family supper, games and more. Food will be served promptly at 5:00 PM. Please see the front for each night's programming (A-adult activity, K-kid activity, T-teen activity) Please RSVP so that we have food and space for everyone. Wednesday 5:00 – 6:30 PM
- **Parent & Child Activity :** A free play group for parents and their young children. Come join us in our children's room for games, stories, and other fun family bonding activities. Thursday 4:30 – 5:30 PM
- **Summer Challenges :** Come join the Ware FRC crew for a 5-week Summer Series where youth (10-16) team up and work together to complete challenges and obstacle courses. Lunch is provided, please notify us of any food allergies/restrictions. Tuesday 2:00 – 3:00 PM



of Ware @ Behavioral Health Network

Community Resources & Peer Support Groups

- **Drop-In Cafe :** Come on in, have a coffee or tea and meet with a member of the FRC crew. See our space and how we can help you! Mondays 1:30 – 2:30 PM
- **Grandparents raising Grandchildren :** A peer to peer support group for grandparents raising their grandkids. Come connect with others and discuss raising kids in today's world. Tuesdays 11:00 AM – 12:00 PM
- **Teen Group :** A social group for teens (13-18) where youth will have the opportunity to express and improve themselves through activities and games, all while engaging in a safe & supportive group. Monday 3:00 – 4:30 PM
- **Tween Group :** A social group for tweens and youth (8-12) where they will meet in a supportive environment for games, activities, and discussions aimed to build their self-confidence, their social skills, and positive expression. Thursday 4:30 – 5:30 PM
- **Family Support Group :** A peer to peer, facilitator guided support group for parents and caregivers. A judgement free zone where we ask, explore, and find answers to questions about raising youth in today's world. (Every Other) Tuesdays 6:00 – 7:00 PM
- **Job Search 101 :** Need to freshen up your resume? Looking for a few pointers on how to set up your LinkedIn or how to navigate Indeed or Glassdoor? Maybe you just have a few questions on how to approach a job opening. Give us a call to register for the group today! Wednesdays 2:00 – 3:00 PM



To sign up and register please call (413)-277-6601 or send an email to bhnfrnc@bhninc.org