





# SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>CLOSED</b>	2 <b>CLOSED FOR LABOR DAY</b> 	3 10:30-12:30pm: Encouraging Fathers 5-7pm: Tween Tuesday	4 5-7pm Craft Corner	5 10am-1pm: RAFT Application Assistance 5pm-7pm: Resume Building Workshop	6 10-12pm: FRC Cafe	7 1pm-5pm: Meet Your Neighbors and Build Your Inner Mental Home.  CUDDY COURT
8 <b>CLOSED</b>	9 10am-12pm: Childrens Play Group	10 10am-12pm: Future Forward 5-7pm: Tween Tuesday	11 9am-5pm: Diaper/Food Pantry Distribution 5pm-7pm: Arabic Support Group	12 10am-1pm: RAFT Application Assistance 5pm-7pm: Book Club	13 10-12pm: FRC Cafe	14 <b>CLOSED</b>
15 <b>CLOSED</b>	16 10am-12pm: Childrens Play Group	17 10:30-12:30pm: Encouraging Fathers 5-7pm: Tween Tuesday	18 2-4pm: Healthy Relationships For Teens 5-7pm Craft Corner	19 10am-1pm: RAFT Application Assistance 12pm-1:30pm: Grandparents Raising Grandchildren Group 5pm-7pm: Resume Building Workshop	20 10-12pm: FRC Cafe	21 11-1pm Fall fest 
22 <b>CLOSED</b>	23 10am-12pm: Childrens Play Group	24 10am-12pm: Future Forward 5-7pm: Tween Tuesday	25 5pm-7pm: Arabic Support Group	26 10am-1pm: RAFT Application Assistance 5pm-7pm: Book Club	27 10-12pm: FRC Cafe	28 <b>CLOSED</b>
29 <b>CLOSED</b>	30 10am-12pm: Childrens Play Group					

**Children's Playgroup (In-Person):** Ages 0-5. Weekly, informal play-time for young children and their parent's to meet and socialize in the community while building new connections. To participate contact Sydney: [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**Crafts Corner (In-Person):** Let your creativity flow and create something magical. A space for everyone to come and enjoy their favorite crafts. To participate, contact Sydney [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**FRC Book Club (In-Person):** Join us for our monthly book club. Where we read together, meet new people and learn from one another as well as our books. To register contact Sydney: [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**RAFT Rental Application Assistance (In-Person):** Our Family Support Workers are available to help you navigate the RAFT application process! They will meet with you to review requirements, organize documents needed, and provide support while you apply for the rental assistance program through RAFT. To register, contact: Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Resume Building Workshop (In-Person):** Look to spruce up your resume? Attend the workshop and have our staff look over your resume and make changes if needed. To register contact Gladys: [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org)

**Future Forward (In-Person) Ages 13-18.** A group for teens to come and engage as they learn different life skills as they step into adulthood. To register contact Sydney [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**Encouraging Father's Group (In-Person):** A group for father and their children to interact, share, support and encourage one another. To register contact Rob [rmignacca@oldcolonyymca.org](mailto:rmignacca@oldcolonyymca.org).

**Tween Tuesday (In-Person):** This group is for tweens ages 9-12. Join us for snacks, fun, and activities of all kinds! We will play games, do crafts, and overall have a blast! To register contact Sydney: [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**FRC Café (In-Person):** Join us for our weekly café and conversation. Meet new people and create new connections. To participate, contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org).

**Pop-Up Food Pantry (In-Person):** Meal care packages will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org).

**Diaper Distribution (in-Person):** In need of diapers? We got you! Stop by the FRC on the third Wednesday of the month during business hours. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org).

**Grandparent Raising Grandchildren Support Group (In-Person):** Are you a grandparent feeling like you are all alone in this journey? You are not alone! Come join and share with other grandparents raising grandchildren. To register, contact Gladys [gmaina@oldcolonyymca.org](mailto:gmaina@oldcolonyymca.org).

**Arabic Support Group (In-Person):** If Arabic is your first language and need would like someone to talk to you, come to the Arabic support group at the FRC. Lily, our Family Engagement Ambassador is fluent in Arabic. To participate contact Lily [lrazik@oldcolonyymca.org](mailto:lrazik@oldcolonyymca.org).

**Healthy Relationships:** A safe space for teens to discuss healthy relationships, boundaries, safety, resources and much more. To register, please contact Sydney [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**Meet Your Neighbors and Build Your Inner Mental Home:** Join us at Cuddy Court from 1-5 for an inclusive event welcoming all ages and ethnic backgrounds from Attleboro and nearby cities. Our goal is to promote mental health awareness through a variety of engaging wellness activities. Kreative Yhues will showcase the rich diversity of Black-owned and minority businesses in Attleboro.

**Fall Fest:** Join us for yummy cider, donuts, fall movie, and fall crafts to welcome the start of the fall season. To register call or email Sydney: [swilliams@oldcolonyymca.org](mailto:swilliams@oldcolonyymca.org).

**29 North Main Street, Attleboro MA**  
**(P) 774-203-1516**

Hours of Operation: Monday through Friday: 9am-5pm, Saturday: appointment or event only

