

MARCH

SUN

MON

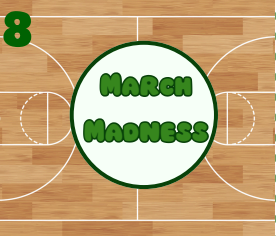


TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT
<p>SATURDAY 1</p> <p>CLOSED</p> <hr/> <p>SUNDAY 2</p> <p>CLOSED</p>	<p>3</p> <p>10am-12pm: Childrens Play Group</p>	<p>4</p> <p>5-7pm Tween Tuesday</p>	<p>5</p> <p>5-7pm Nurturing Families</p>	<p>6</p> <p>10-11 Encouraging Fathers</p> <p>5-7pm Parenting in America</p>	<p>7</p> <p>12-1 Feel Good Friday</p>	
<p>9</p> <p>CLOSED</p>	<p>10</p> <p>10am-12pm: Craft Corner</p>	<p>11</p> <p>1-2:30pm Manet Nutrition Program Program</p> <p>5-7pm Tween Tuesday</p>	<p>12</p> <p>5-7pm Nurturing Families</p>	<p>13</p> <p>5-7pm Parenting in America</p>	<p>14</p> <p>10-12pm: FRC Cafe</p> <p>12-1:30 GRG Group</p>	<p>15</p> <p>CLOSED</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>10am-12pm: Childrens Play Group</p>	<p>18</p> <p>10-11 Encouraging Fathers</p> <p>5-7pm Tween Tuesday</p>	<p>19</p> <p>9-5 Food & Diaper Pantry Pick-Up</p> <p>5-7pm Nurturing Families</p>	<p>20</p> <p>5-7pm Parenting in America</p>	<p>21</p> <p>10-12pm: FRC Cafe</p> <p>12-1:30 GRG Group</p>	
<p>23</p> <p>CLOSED</p>	<p>24</p> <p>10am-12pm: Craft Corner</p>	<p>25</p> <p>5-7pm Tween Tuesday</p>	<p>26</p> <p>4:30-6:30pm Arabic Support Group</p> <p>5-7pm Nurturing Families</p>	<p>27</p> <p>5-7pm Parenting in America</p>	<p>28</p> <p>12-1 Feel Good Friday</p>	<p>29</p> <p>CLOSED</p>
<p>30</p> <p>CLOSED</p>	<p>31</p> <p>10am-12pm: Childrens Play Group</p>					

HOURS OF OPERATION:

Monday through Friday: 9am-5pm

Extended Weekday Until 7pm:
Tuesday-Thursday

Saturday: Appointment or event
only

FRC STAFF

Lorraine Mitchell - Program Director

Robert Mignacca - Program Manager

Megan Barlow - Clinician

Cindy Depina - Family Partner

Lilyan Razik - Family Engagement Ambassador

Gladys Ndiru - Family Support Worker

Sydney Williams - School Liaison

29 North Main Street
Attleboro MA 02703

YOUTH PROGRAMS

Tween Tuesday

This group is for tweens ages 9-12. Join us for snacks, fun, and activities of all kinds! Games, crafts, movies, and much more fun.

Childrens play group

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.

WHOLE FAMILY

Craft Corner

If you love to craft, please join us for Craft Corner. Bring your own projects, or use the FRC materials to get crafty and socialize.

March Madness Bracket Party

Come by the FRC and build your bracket for NCAA 2025 March Madness. Who do you think will make it all the way to the end?

Safe Sleep Workshop

If you are a parent looking to learn more about infant safe sleep come on over. While parents learn all things safe sleep: children enjoy a PJ Party Story Time and book craft!



CAREGIVER SUPPORT

Nurturing Families

Families are engaged in a 13 week program built with lessons that encourage and support attitude and behavioral changes.

Parenting in America

Parenting in America encourages parents to honor their cultural heritage while also helping them develop new culturally responsive practices and strategies.

Encouraging Fathers

This platform offers new fathers and experienced fathers alike the opportunity to express and learn among their peers.

Grandparents Raising Grandchildren (GRG)

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.

FRC Cafe

Join us for our weekly café and conversation. Meet new people and create new connections.

Manet Nutrition Program

Join Manet Community Health Center dietitians to learn about nutrition, find new recipes, and to prepare healthy meals and snacks on a budget!

Arabic Support Group

If Arabic is your first language and need help navigating community resources, come to the Arabic support group at the FRC.

Feel Good Friday

Get ready to go into the weekend feeling your best! Come into Feel Good Friday for mindfulness and self care workshops.

OTHER FRC SERVICES:

Mental Health Referrals

Navigating School Systems

GATRA Passes & Information

Connection to Community Resources

Financial Assistance Application Support

If you are interested in any of our upcoming events or services listed above, please contact us.

AttleboroFRC@oldcolonymca.org

774-203-1516



Monthly Food and Diaper Pantry Pick Up: Wednesday March 19th.

Pantry bags will be available for pick-up monthly at the FRC. Participants must register every month to receive meal packages.



Hats and Mittens available December - April



Take our survey and
let us know how we're doing!

SCAN
ME

