




JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
CLOSED				1 CLOSED	2 10-12pm FRC Cafe	3 NEW YEAR VISION BOARDS 10-1PM 
4 CLOSED	5 10-12pm Conversational English	6 5-7pm Tween Scene	7 5-7pm Extended Hours	8 2:30-4pm Teen Hub 5-7pm Winter Read-Aloud	9 12-1:30pm Feel Good Friday	10 CLOSED
11 CLOSED	12 10-12pm Conversational English	13 5-7pm Family Game Night	14 5-7pm Extended Hours	15 2:30-4pm Teen Hub 5-7pm Winter Read-Aloud	16 12-1pm GRG	17 WINTER FEST  11-1PM
18 CLOSED	19 CLOSED 	20 5-7pm Family Game Night	21 9-5pm Food & Diaper Pantry Pick-Up 5-7pm Extended Hours	22 2:30-4pm Teen Hub 5-7pm Winter Read-Aloud	23 10-12pm FRC Cafe	24 CLOSED
25 CLOSED	26 10-12pm Conversational English 4-5pm DadLink: Virtual	27 5-7pm Tween Scene	28 5-7pm Extended Hours	29 2:30-4pm Teen Drop In 5-7pm Winter Read-Aloud	30 12-1:30pm Feel Good Friday	31 CLOSED

HOURS OF OPERATION:

Monday through Friday: 9am-5pm

Tuesday, Wednesday, Thursday
Extended Programming Until 7pm

Saturday: Event only

FRC STAFF

Lynn Furtado - Program Manager

Megan Barlow - Clinician

Cindy Depina - Family Partner

Celine Cius Israel - Family Support Worker

Sydney Williams - School Liaison

**29 North Main Street
Attleboro MA 02703**

YOUTH PROGRAMS

Teen Hub

Looking for somewhere to hang after school? Come to the FRC for homework help, movies, games, snacks and more. This group is for teens ages 13-16!

Tween Scene

A fun, welcoming space for ages 9-12 to relax, make friends, and build social-emotional skills through games, creative activities, and conversation

WHOLE FAMILY

Winter Read Aloud

Families and children are invited to snuggle in to enjoy heartwarming seasonal stories every Thursday evening! Warm drinks and light refreshments provided to keep everyone toasty. Pajamas are encouraged!

WinterFest

Join us for a fun-filled celebration featuring seasonal crafts, games, music, and cozy activities for the whole family. Enjoy festive treats, create lasting memories, and celebrate the magic of winter together. No need to bundle up, it's all happening indoors!

Family Game Night

Join us for an evening of fun, laughter, and connection! Family Game Night is a chance for families to unplug and enjoy classic and new games together in a welcoming, community-focused setting. All ages are welcome

Vision Boards

Bring the whole family to design vision boards that reflect your hopes, dreams, and goals for 2026. We'll provide all the supplies—just bring your imagination! This fun, hands-on event is a great way to set intentions together and create a visual reminder of what matters most.

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



Feel Good Friday CAREGIVER SUPPORT

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

Conversational English

Designed to help build adults confidence in everyday conversation. Conducted entirely in English and welcome learners of all backgrounds and levels.

DadLink

DadLink is a monthly, virtual drop-in time for dads and father figures to check-in and get the support they are looking for.

FRC Cafe

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

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.

MONTHLY FOOD AND DIAPER PANTRY PICK-UP:

Wednesday January 21st

YOU MUST REGISTER BY THE SECOND WEDNESDAY OF THE MONTH

Please note that between 2:30-4pm on TUESDAYS the office is closed for staff meeting.

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

