

# JANVYE

**DIMANCH**

**LENDI**

**MADI**

**MÈKREDI**

**JEDI**

**VANDREDI**

**SAMDI**

**NOU FÈMEN**

**NOU FÈMEN**



4

**NOU FÈMEN**

5

10-12pm  
Conversational  
English

6

5-7pm  
Tween Scene

7

5-7pm  
Orè biwo  
pwolonje

8

2:30-4pm  
Teen Drop In  
5-7pm  
Winter  
Read-Aloud

9

12-1:30pm  
Feel Good  
Friday

10

**NOU FÈMEN**

11

**NOU FÈMEN**

12

10-12pm  
Conversational  
English

13

5-7pm  
Yon nwit pou  
jwe ak  
fanmiw

14

5-7pm  
Orè biwo  
pwolonje

15

2:30-4pm  
Teen Drop In  
5-7pm  
Winter  
Read-Aloud

16

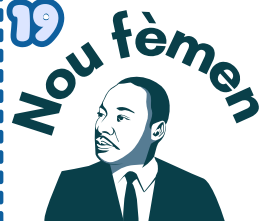
12-1pm  
GRG



18

**NOU FÈMEN**

19



20

5-7pm  
Yon nwit pou  
jwe ak  
fanmiw

21

9-5pm  
Ranmase yon sak  
Manje ak Kouchèt  
chak mwa  
5-7pm  
Orè biwo pwolonje

22

2:30-4pm  
Teen Drop In  
5-7pm  
Winter  
Read-Aloud

23

10-12pm  
FRC Cafe

24

**NOU FÈMEN**

25

**NOU FÈMEN**

26

10-12pm  
Conversational  
English  
4-5pm  
Virtual DadLink

27

5-7pm  
Tween Scene

28

5-7pm  
Orè biwo  
pwolonje

29

2:30-4pm  
Teen Drop In  
5-7pm  
Winter  
Read-Aloud

30

12-1:30pm  
Feel Good  
Friday

31

**NOU FÈMEN**

## ORÉ DE OPERASYON

**Lendi jiska Vandredi:** 9è dimaten  
- 5è aprèmidi

**Madi, Mèkredi, Jedi**

Pwogram pwolonje jiska 7è diswa

**Samdi:** Randevou oswa evènman sèlman

## 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**

## PROGRAM JÈN YO

### Teen Drop In

Eskew ap chache yon kote pou pase tan apre lekòl? Vin nan FRC a pou jwenn èd ak devwa, fim, jwèt, ti goute ak plis ankò. Gwoup sa a se pou adolesan ki gen laj 13-16!

### Tween Scene

Yon espas amizan ak akeyan pou timoun ki gen laj 9 a 12 an pou yo defann, fè zanmi, epi devlope ladrès sosyo-emosyonèl atravè jwèt, aktivite kreyatif, ak konvèsasyon.

## TOUT MANM FANMIW

### Winter Read Aloud

Nou envite fanmi yo ak timoun yo pou yo vin chita ansanm pou yo jwi bèl istwa sezon an chak Jedi swa! Evènman sa a bon nèt pou reveye imajinasyon, selebre lajwa lekti, epi kreye souvni espesyal ansanm. Bwason cho ak ti goute lejè yo disponib pou tout moun rete cho. Nou ankouraje moun mete pijama!

### WinterFest

Vin jwenn nou pou yon selebrasyon andedan biwo an plen plezi ak aktivite atizanal sezon an, jwèt, mizik, ak aktivite konfòtab pou tout fanmi an. Pran plezi nan ti goute fèt yo, kreye souvni inoubliyab, epi selebre maji ivè a ansanm. Pa bezwen abiye byen; tout bagay ap pase andedan biwo an!

**Yon nwit pou jwe ak fanmiw**  
Vini jwenn nou pou yon sware amizman, ri, ak koneksyon! Sware Jwèt Fanmi an se yon chans pou fanmi yo dekonekte ak elektwonik epi jwi jwèt klasik ak nouvo ansanm nan yon anviwònman akeyan, santre sou kominote a. Tout laj yo akeyi.

### Vision Boards

Kòmanse nouvo ane a avèk kreyativite ak enspirasyon! Vin ak tout fanmi an pou nou desine tablo vizyon ki reflekte espwa, rèv ak objektif ou pou 2026. N ap bay tout materyèl yo—sèlman pote imajinasyon ou! Evènman amizan ak pratik sa a se yon bon fason pou nou mete entansyon ansanm epi kreye yon rapèl vizyèl sou sa ki pi enpòtan.

## LÒT SÈVIS FRC

**Referans Sante Mantal**

**Navigate Sistèm Lekòl yo**

**GATRA Passes & Information**

**Koneksyon ak Resous Kominotè**

**Sipò pou Aplikasyon pou Èd Finansye**

Si w enterese nan nenpòt nan evènman oswa sèvis nou yo ki nan lis anwo a, tanpri kontakte nou.

[AttleboroFRC@oldcolonymca.org](mailto:AttleboroFRC@oldcolonymca.org)

**774-203-1516**



## Feel Good Friday CAREGIVER SUPPORT

Prepère w pou w antre nan wikenn nan ak pi bon santiman w! Vin nan Vandredi Santi Bon an pou atelye atensyon ak swen pèsònèl.

### 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 se yon moman vizit vityèl chak mwa pou papa yo ak moun paternèl yo ka pran nouvel epi jwenn sipò y ap chèche a.

## FRC Kafe

Vini jwenn nou pou kafe nou an epi pou nou pale. Rankontre nouvo moun epi kreye nouvo koneksyon.

### Grandparents Raising Grandchildren (GRG)

Èske w se yon granparan ki santi w poukont ou nan wwayaj sa a? Ou pa poukont ou! Vin jwenn ou epi pataje ak lòt granparan k ap leve pitit pitit.

## RANMASE YON SAK MANJE AK KOUCHÈT CHAK MWA Mèkredi Janvye 21st

**TANPRI ENSKRI ANVAN DEZYÈM MÈKREDI NAN MWA A**

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

**Patisipe nan sondaj  
nou an epi fè nou  
konnen kijan nou ye!**

