

September 2020

Taunton/Attleboro Family Resource Center

37 Main Street, Taunton, MA 774-501-2633

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><u>1</u> <u>School Liaison Consults</u> 10am-3pm</p> <p><u>Adult Mindfulness Week 5</u> 5pm-6pm</p>	<p><u>2</u> <u>Computer Center</u> 10am-4pm</p> <p><u>DIY Vision Board</u> 3pm</p>	<p><u>3</u> <u>School Liaison Consults</u> 2pm-6pm</p>	<p><u>4</u> <u>Parent Support Group</u> 12pm-12:45pm <u>FRC Tour & Community Resource Guide</u> By appointment only!</p>	<p><u>5</u> <u>FRC Tour & Community Resource Guide</u> By appointment only!</p>
<p><u>7</u> <u>Closed in observance of Labor Day</u></p>	<p><u>8</u> <u>School Liaison Consults</u> 10am-3pm</p> <p><u>Adult Mindfulness Week 6</u> 5pm-6pm</p>	<p><u>9</u> <u>FRC Tour & Community Resource Guide</u> By appointment only!</p> <p><u>Safety Planning Workshop</u> 5pm-6pm</p>	<p><u>10</u> <u>School Liaison Consults</u> 2pm-6pm</p>	<p><u>11</u> <u>Parent Support Group</u> 12pm-12:45pm <u>Computer Center</u> 2pm-6pm</p>	<p><u>12</u> Closed</p>
<p><u>14</u> <u>Story Time</u> 10:30am-11am</p> <p><u>FRC Craft Corner</u> 4pm-5:15pm</p>	<p><u>15</u> <u>School Liaison Consults</u> 10am-3pm</p> <p><u>Adult Mindfulness Week 7</u> 5pm-6pm</p>	<p><u>16</u> <u>Computer Center</u> 10am-2pm <u>"Fall-Into" Binder Organization Workshop</u> 4pm-6pm</p>	<p><u>17</u> <u>Pop-Up Food Pantry!</u> 1pm-5:30pm <u>LGBTQIA+ Youth Support & Healthy Relationships</u> 3pm-4:30pm</p>	<p><u>18</u> <u>Parent Support Group</u> 12pm-12:45pm <u>School Liaison Consults</u> 1:00pm-5:00pm</p>	<p><u>19</u> <u>Remote Learning Documentation Workshop</u> 11am-1pm</p>
<p><u>21</u> <u>Story Time</u> 10:30am-11am</p> <p><u>FRC Craft Corner</u> 4pm-5:15pm</p>	<p><u>22</u> <u>School Liaison Consults</u> 10am-3pm <u>Adult Mindfulness Week 8</u> 5pm-6pm <u>FRC Youth Leadership Panel</u> 7:30pm-8:30pm</p>	<p><u>23</u> <u>Middle School Mindfulness Group</u> 4pm-5pm <u>Week 1</u></p> <p><u>Active Parenting of Teens</u> 5pm-7pm</p>	<p><u>24</u> <u>Parenting Journey</u> 5pm-6:30pm</p> <p><u>FRC Parent Advisory Board</u> 7:30pm-8:30pm</p>	<p><u>25</u> <u>Parent Support Group</u> 12pm-12:45pm</p> <p><u>Computer Center</u> 2pm-6pm</p>	<p><u>26</u> Closed</p>
<p><u>28</u> <u>Story Time</u> 10:30am-11am</p> <p><u>FRC Craft Corner</u> 4pm-5:15pm</p>	<p><u>29</u> <u>School Liaison Consults</u> 10am-3pm</p> <p><u>Adult Mindfulness Week 1</u> 5pm-6pm</p>	<p><u>30</u> <u>High School Mindfulness Group</u> 4pm-5pm <u>Week 1</u></p> <p><u>Active Parenting of Teens</u> 5pm-7pm</p>			
	<p>**Taunton Farm Stand** Every Tuesday 2:30pm-5:30pm</p>	<p>** Registration is required for all groups & events**</p>	<p>Please see program key on the back for more information!</p>		

Hours of Operation: Monday through Friday: 9am-6pm, Saturday: appointment only (1st & 3rd Saturday)



PROVIDED BY OLD COLONY YMCA

You can now find us on Facebook! - Taunton/Attleboro Family Resource Center

Mindfulness Group (Virtual): Middle School & High School students will learn various mindfulness techniques to cope with anxiety and stress. To participate, contact: Mackenzie mdonovan@oldcolonyymca.org

Family Resource Center Tour & Community Resource Guide! (In-Person) Perfect for families and community partners! Meet the FRC staff and take a tour of the Family Resource Center! Only one family will be scheduled for each tour. To participate, contact: Erin ekelleygreen@oldcolonyymca.org

Story-Time (Virtual) Ages newborn to 5. To participate, contact: Alysha aferreira@oldcolonyymca.org

School Liaison Consultations (Virtual) : Meet virtually with our School Liaison to discuss educational concerns and needs. This process is designed to empower families and work collaboratively with school system. To participate, contact: Anne aferioli@oldcolonyymca.org

Parent Support Group (Virtual): Parents can join this group to network, learn about available resources, and receive mutual peer to peer support. To participate, contact: Candice cgabrey@oldcolonyymca.org

Computer Center (In-Person): Designated hours that families can utilize the FRC Computer Center without any other groups or activities running simultaneously. Only one family will be scheduled at a time. To participate, contact: Alyssa @ avillar@oldcolonyymca.org

Safety Planning Workshop (Virtual): Meet with our clinician to discuss how to effectively plan for safety and advocate for your child's needs during a time of crisis. To participate, contact: Mackenzie mdonovan@oldcolonyymca.org

Parenting Journey (Virtual): A 12 week parenting course that focuses on the emotional understanding of what it means to listening with empathy, and being curious. To participate, contact: Anne aferioli@oldcolonyymca.org

FRC Craft Corner (Virtual): Weekly interactive craft group for families. A craft kit with all the supplies included will be delivered right to your doorstep! To participate, contact: Alysha aferreira@oldcolonyymca.org

Adult Mindfulness Group (Virtual): Mindfulness & stress reduction group for adults. Learn techniques to quiet your active mind and focus on the present. To participate, contact: Candice cgabrey@oldcolonyymca.org or Mackenzie mdonovan@oldcolonyymca.org

Taunton Farm Stand: *Located in the back parking lot of the Taunton OCY Branch* Taunton Farm Stand by Lane Gardens. SNAP/HIP/WIC accepted! For questions, contact: Eric eandrade@oldcolonyymca.org

Pop-Up Food Pantry: Care packages are delivered throughout the community every third Thursday. . Call 774-501-2633 for more information.

DIY Vision Board (Virtual): Tune into our Facebook page on September 2nd to watch our Family Partner give a demonstration on how to create your own vision board. Set goals and create a visual reminder of what you're working towards!

Active Parenting of Teens (Virtual): A 6 week group that offers the guidance and support you need to turn the challenges of raising a teenager into opportunities of growth. To participate, contact: Candice cgabrey@oldcolonyymca.org

LGBTQIA+ Support Group (Virtual): A general support group for ages 13-17 facilitated by New Hope. To participate, contact: Amanda amandam@new-hope.org

FRC Youth Leadership Panel (Virtual): An opportunity to work with FRC management on planning programs and events that represent the needs of today's youth. What do you want to see at YOUR Family Resource Center? This will also be an opportunity for peer support and to discuss issues facing our communities. To participate, contact Erin ekelleygreen@oldcolonyymca.org

FRC Parent Advisory Board (Virtual) Your input matters! Please join the Program Manager to discuss events & programs you would like to see at YOUR Family Resource Center! To participate, contact Erin ekelleygreen@oldcolonyymca.org

"Fall-Into" Binder Organization Workshop (In-Person): So many papers! So many documents to keep track of! Meet with our Family Partner to create or re-organize a binder organizational system for your child's important documents. To participate, contact: Candice cgabrey@oldcolonyymca.org

Remote Learning Documentation Workshop (Virtual): We hear you and we see you. Remote learning presents challenges to families and educators. Join our School Liaison for a workshop on key items for documentation. This will be a helpful tool with keeping track of progress! To participate, contact Anne aferioli@oldcolonyymca.org

