

# CAPE COD FAMILY RESOURCE CENTER

## June 2022



29 Bassett Lane, Hyannis MA 02601  
 Monday 9 am - 5 pm, Tuesday 10 am - 7 pm, Wednesday - Friday 9 am - 5 pm  
 Second Saturday 9 am – 11 am



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Theme *Gardening* 		1 Housing Application Workshop 11:00-12:00 pm Teen Anger Management 4:00 – 5:00 pm	2 Coffee and Conversation 10:00-11:00am Nurturing Fathers 6:00-8:00 pm	3 Spring Crafts 11:00 - 12:00 pm DIY Seed Sprouting Activity– Pick up 1:00-4:00 pm	4
6 Community Cafe 11:00-12:00 pm Family Fun Time 3:30-4:30 pm	7 Active Parenting Fourth Edition 1:00-2:30 pm Teen Healthy Relationships 3-4 pm Dads' Talk 6:30 – 7:30 pm	8 Teen Anger Management 4:00 – 5:00 pm	9 Coffee and Conversation 10:00-11:00am Nurturing Fathers 6:00-8:00 pm	10 Spring Crafts 11:00 - 12:00 pm DIY Potted Plant Activity – Pick up 1:00-4:00 pm	11 Open 9 -11 am Dads' Squad 10:15 – 11:00 am
13 Community Cafe 11:00-12:00 pm Trivia for Grandparents and Grandchildren 3:30-4:30pm	14 Active Parenting Fourth Edition 1:00-2:30 pm Open House 11am-1pm and 4:30-6:30pm Teen Healthy Relationships 3-4pm	15 Housing Application Workshop 11:00-12:00 pm Teen Anger Management 4:00 – 5:00 pm	16 Coffee and Conversation 10:00-11:00am Nurturing Fathers 6:00-8:00 pm	17 Spring Crafts 11:00 - 12:00 pm DIY Father's Day Gift – Pick up 1:00-4:00pm	18 Get Ready for Summer 
20 Closed in Observance of Juneteenth	21 Active Parenting Fourth Edition 1-2:30 pm Teen Healthy Relationships 3-4 pm Grandparents Raising Grandchildren 5-7pm	22 Teen Anger Management 4:00 – 5:00 pm	23 Coffee and Conversation 10:00-11:00am Nurturing Fathers 6:00-8:00 pm	24 Spring Crafts 11:00 - 12:00 pm School's Out Beach Bucket – Pick up 1:00-4:00pm	25 For additional information on any of our programs, please see the reverse side, or contact us at 508-815-5100.
27 Community Cafe 11:00-12:00 pm Trivia for Grandparents and Grandchildren 3:30-4:30pm	28 Active Parenting Fourth Edition 1:00-2:30 pm Teen Healthy Relationships 3:00-4:00 pm PRIDE DAY	29 Teen Anger Management 4:00 – 5:00 pm	30 Coffee and Conversation 10:00-11:00am Nurturing Fathers 6:00-8:00 pm		

For information about any of the programs listed or for registration, please call 508-815-5100.

Visit us on the web: [www.CapeCodFamilyResourceCenter.org](http://www.CapeCodFamilyResourceCenter.org)



Follow us on Facebook:

Facebook.com/CapeCodFamilyResourceCenterofBarnstable

# Cape Cod Family Resource Center – June 2022

All programs and classes are **FREE!** Check out all our **GREAT** new programs!

**Active Parenting 4<sup>th</sup> Edition** – This class is for parents of children age 6-12 years old and is offered in an online platform. Registration required 508-815-5100

**Community Café** – Join us for an informal gathering to learn about the FRC, our services, programming, and more. Offered in person. Registration required 508-815-5100

**Dads' Squad** – Fathers, father figures, caregivers, and their kids are welcome to participate in STEM activities offered in an online platform. Registration required 508-815-5100

**Dads' Talk** – Join us on the second Tuesday of every month for Dads' Talk. This group is designed for dads and father figures in a time where stress can be high, life is unpredictable, and there is less social time in our lives. This is offered in an online platform. Registration required 508-815-5100

**Family Fun Time** – Create lasting memories for the whole family. Join us each week for activities the whole family will enjoy. This is offered in an online platform. Registration required 508-815-5100

**Grandparents Raising Grandchildren** – Join our grandparents group on the third Tuesday of every month. This is an in-person event. Facilitator Kerry Bickford. Registration required 508-815-5100

**Trivia for Grandparents and Grandchildren** – Join us for fun trivia questions designed for grandparents and their grandchildren. Offered in-person. Registration required 508-815-5100

**Spring Crafts** – Joins us for interactive craft activities centered on springtime fun for children and their families. Offered in-person. Registration required 508-815-5100

**Nurturing Fathers** – Joins us in-person on Thursday evenings for a 13-week interactive class that offers all dads an opportunity to enhance their fatherhood skills. Facilitator Jason Parrent. Registration required 508-815-5100

**Teen Anger Management** – Join us for teen group therapy for ages 14-16. 8-week, in-person group offers peer support, psychoeducation, and therapeutic techniques for managing and transforming anger. Registration required 508-815-5100

**Teen Healthy Relationships** – The Independence House and the Cape Cod Family Resource Center are offering a 9-week, in-person session on Healthy Relationships for Teens (ages 14-17). Registration required 508-771-6507

**DIY Activity Kits** – pick up a fun, family friendly, activity to do at home. JUNE special\*\* School's Out Beach Bucket. Registration required 508-815-5100

**Housing Application Workshop** – Join us the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month for help navigating and completing applications for housing. Offered in-person. Registration required 508-815-5100

**Coffe and Current Events** – Join us for a cup of coffee and a friendly discussion of curernt events. Drop-in Thursday mornings from 10-11am

**\*\*OPEN HOUSE\*\*** – June 14, 2022 11:00am-1:00pm and 4:30-6:30pm. Come in and meet our new Program Director and Program Manager, and see all the exciting things the Cape Cod Family Resource Center has to offer! Food, prizes, and more. Providers and Agencies welcome. Drop in event.



True belonging  
doesn't require us  
to change  
who we are;  
it requires us  
to be  
who we are.

—Brene' Brown

