

Family Resource Centers **JANUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> Relax and Rejuvenate 10:00-11:00	<b>3</b> Homework Help 3-5p	<b>4</b> AA 12-1pm	<b>5</b> Homework Help 3-5p	<b>6</b> Story Hour and Lending Library 11a-12p  Warm-Up Bags	<b>7</b> Open 9am-12pm Winter Clothing Drive Drop off hours 9-12 
<b>9</b> Relax and Rejuvenate 10:00-11:00  We Thrive Typewriter Poetry 3:30-5:30pm	<b>10</b> Dads' Talk 6:30-7:30pm  Martin Luther King, Jr. Documentary "Decades Presents 1968: MLK, Jr." 5-6pm	<b>11</b> AA 12-1pm  Moms' Time Out and Kid Corner 5 – 6:30pm	<b>12</b> 2023 Vision Board Party 4:30-6pm	<b>13</b> Story Hour (Martin Luther King, Jr.) and Lending Library 11a-12p  Warm-Up Bags	<b>14</b>  Closed
<b>16</b> Closed in Observation of Martin Luther King, Jr. Day We Thrive Karaoke 3:45-5:30pm 	<b>17</b> Grandparents Raising Grandchildren 5-7pm	<b>18</b> AA 12-1pm	<b>19</b> Homework Help 3-5p	<b>20</b> Story Hour and Lending Library 11a-12p  Warm-Up Bags	<b>21</b> Open 9a-12pm Winter Clothing Drive Drop off hours 9-12 
<b>23</b> Relax and Rejuvenate 10:00-11:00 We Thrive – Thrive! Rocking It with Individual Abilities 3:45-5:30pm	<b>24</b> Parenting Journey 1 5-7pm	<b>25</b> AA 12-1pm  Moms' Time Out and Kid Corner 5 – 6:30pm	<b>26</b> Tax Lab 1-4pm	<b>27</b> Story Hour and Lending Library 11a-12p  Warm-Up Bags	<b>28</b>  Closed
<b>30</b> Tot Time 9:30-10:30  We Thrive – Thrive! Gendaaah Conversation 3:45-5:30	<b>31</b> Parenting Journey 1 5-7pm				

# Happy New Year!

**JANUARY 2023**

**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. Offered Virtually. 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 facilitated by Kerry Bickford. Childcare provided. Registration required (508) 815-5100.

**Homework Hour** – Homework help for grades 5 – 12. In person. Registration required (508) 815-5100.

**Martin Luther King, Jr. Documentary** – “Decades Presents 1968: Martin Luther King, Jr.” Tuesday January 10<sup>th</sup> from 5:00-6:00 pm.

**Moms' Time Out and Kid Corner** – Are you a mom? Do you need a break? Come join us for a peer support group for moms while your kids enjoy a fun craft in a separate room! Dinner provided. Registration required (508) 815-5100.

**Parenting Journey 1** – Evidence-based parenting class. Offered in-person for 12 weeks. Dinner provided. Please call to register

**Relax and Rejuvenate Hour** – Join us for relaxation and rejuvenation with guided meditations and restorative stretching. Bring your own Yoga mat if desired. Drop-in Mondays 10-11am

**Story Hour and Lending Library** – Join us for story hour and then browse our lending Library.

**Tax Lab** – Reserve your spot now for our Tax Lab. Computer, printer, and internet access. Offered every Thursday 1-4pm through tax season. Please call to reserve your spot 508-815-5100.

**Tot Time** – Infant and toddler playgroup, ages 0-3. Monday's beginning 1/30/23 – 3/13/23 (skip 2/20) 9:30-10:30.

**Vision Board Party** – Come create your vision for 2023 with us. Bring magazines and your dreams for 2023. Please call to register.

**Warm-Up Bags** – Come grab the essentials for staying warm in the cold winter weather. Hat, gloves, scarf, blanket, socks. Available while supplies last.

**WE THRIVE** – In partnership with We Thrive, an affiliate of CIGSYA (Cape and Islands Gay Straight Youth Alliance), we are now offering Monday afternoon support groups for LGBTIQS youth aged 22 and younger from 3:45 – 5:30. Contact 508-778-7744 for more info and for the meeting location.

**Winter Clothing Drive** – accepting donations of new and/or clean and gently used winter clothing items. Please consider donating in teen and adult sizes.

For information about any of our programs listed or to register, please call 508-815-5100.

Visit us online at [www.capecodfamilyresourcecenter.org](http://www.capecodfamilyresourcecenter.org)

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