

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Healthy Relationships for Teens 3-4pm Homework Help 4-5pm	2 AA 12-1pm	3 Nurturing Father's 6-8pm	4 Story Hour and Lending Library 11a-12p	5 Open 9a-12p Food Drive  Feeding the Community
7 Relax & Rejuvenate Hour 10-11am Monday Afternoon Dungeons and Dragons 4-6pm	8 Healthy Relationships for Teens 3-4pm Homework Help 4-5pm Dads' Talk 6:30-7:30p	9 AA 12-1pm Moms' Time Out 5pm-6:30pm	10 Nurturing Father's 6-8pm	11 Closed in Observance of Veterans Day 	12
14 Relax & Rejuvenate Hour 10-11am	15 Healthy Relationships for Teens 3-4pm Homework Help 4-5pm GRG 5-7pm	16 AA 12-1pm Family Movie Night 4-6pm	18 Nurturing Father's 6-8pm	19 Coffee and Conversation 10-11am	20 Open 9a-12p Food Drive  Feeding the Community
21 Relax & Rejuvenate Hour 10-11am Monday Afternoon Dungeons and Dragons 4-6pm Thanksgiving Baskets – all day pick-up	22 Healthy Relationships for Teens 3-4pm Homework Help 4-5pm Thanksgiving Baskets – all day pick-up	23 AA 12-1pm Thanksgiving Baskets – all day pick-up	24 Closed in Observance of Thanksgiving 	25 Story Hour and Lending Library 11a-12p	26
28 Relax & Rejuvenate Hour 10-11am	29 Healthy Relationships for Teens 3-4pm Homework Help 4-5pm	30 AA 12-1pm Moms' Time Out 5pm-6:30pm			

November 2022

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.

Family Movie Night – Bring the family for a movie night and refreshments. 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.

Healthy Relationships for Teens – 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

Nurturing Father's - Join us in-person on Thursday evenings for a 13-week interactive class that offers all dads an opportunity to enhance their fatherhood skills. Registration is required, (508) 815-5100.

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.

Monday Afternoon Dungeons & Dragons – Ages 11-13. Fun and refreshments for kids while they create, collaborate, and cooperate with peers during an exciting game of D&D. Registration required (508) 815-5100.

Coffee and Conversation – Join us for a drop-in hour of coffee and conversation with other members of our community. In-person.

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

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

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

Visit us online at www.capecodfamilyresourcecenter.org

Follow us on Facebook: [Facebook.com/CapeCodFamilyResourceCenterofBarnstable](https://www.facebook.com/CapeCodFamilyResourceCenterofBarnstable)