





## Nantucket Family Resource Center February 2019

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2 <b>NFRC OPEN</b> <b>WE'RE OPEN</b> 10:00-12:00pm
4 Whole30 with Kathleen Stover: 6:00-7:00pm Pre-registration	5 Family Fun Time: 5:00-6:30pm Pre-registration	6 Coffee Chat: 10:30-11:30am  Lego Time: 3:00 – 4:00pm Pre-registration	7	8 Kids Craft: 10:00-11:00am Pre-registration Ages 3-5	9
11 Whole30 with Kathleen Stover: 6:00-7:00pm Pre-registration	12 Grandparents Raising Grandchildren Group: 5:00-6:30pm	13 Coffee Chat: 10:30-11:30am  Lego Time: 3:00 – 4:00pm Pre-registration	14 <i>Happy Valentine's Day</i>	15	16
18 Presidents' Day NFRC CLOSED	19 Single Parent Support Group: 5:00-6:30pm Pre-registration	20 Coffee Chat: 10:30-11:30am  Lego Time: 3:00 – 4:00pm Pre-registration	21	22 Tweens & Teens Craft: 3:00-4:00pm Pre-registration All ages	23
25	26	27 Coffee Chat: 10:30-11:30am  Lego Time: 3:00 – 4:00pm Pre-registration	28		

For more information on any of our programs, please see the reverse side.

Call 508-815-5115 or check out our website:

[www.NantucketFamilyResourceCenter.org](http://www.NantucketFamilyResourceCenter.org)

# Nantucket Family Resource Center | February 2019

1 Freedom Square – Unit B, Nantucket, MA 02554  
Mon, Wed, Thurs, Fri: 9 a.m.-5 p.m. Tues: 10 a.m.-6 p.m.  
1<sup>st</sup> Saturday of each month 10 a.m.-12 p.m.

All programs and classes are FREE!



## Meet Our Team

Olivia McLean- School Liaison/ Family Partner  
Michelle Meckler- Master Level Clinician

## Single Parent Support Group

Connect with other single parents and chat about parenting challenges and positive parenting experiences (or whatever is on your mind). All single dads, moms, or other caregivers are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), or where they live. Free dinner and child care provided for all who attend. For information or registration, call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Kids Craft

Come join us for story and craft time that celebrates the time of year, month, and season. Pre-School age. For information or registration, call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Tweens & Teens Craft

Come join us for crafts that celebrate the time of year, month, and season. For information or registration, call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Whole30 Body Reset

Start off the new year by resetting your health, habits, and relationship with food. Join Kate Stover a Whole30 enthusiast for a 30 day journey toward health, healing, and personal transformation. For information or registration, call 508-815-5115 or email [ACKWhole30@gmail.com](mailto:ACKWhole30@gmail.com)

## Grandparents Raising Grandchildren

Connect with other Grandparents and chat about the challenges, positives, and whatever you feel as importance in regards to raising a grandchild. All grandparents are welcome to this non-therapeutic gathering, regardless of the age of their grandchild(ren) or where they live. Free dinner and child care provided for all who attend. For information or registration, call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Coffee Chat

Come join us for coffee and fresh baked goods provided by Panera Bread. We will discuss all of our programs, support groups, and classes we offer. Please bring friends and family with you, we would be happy to answer any questions you might have about the Nantucket Family Resource Center and how we can support your family. For information call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Lego Time

Come join us at the Nantucket Family Resource Center for a time of playing and building with Legos! Lego building blocks are provided, but feel free to bring your own to use! Open to all ages! For information or registration, call 508-81-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

## Family Fun Time

Come join us for some intergeneration fun and activities. Open to the whole community. Each month will be a different activity relevant to the month and season. For information or registration, call 508-815-5115 or email [omclean@familycontinuity.org](mailto:omclean@familycontinuity.org)

The Nantucket Family Resource Center offers family support services, family partners, clinical assessments, referrals, and school support services that aim to nurture, support and educate children, parents, and other caregivers. All services offered to families at no cost, regardless of insurance or income. For more information about us or our programming, please call 508-815-5115. Visit us on the web: [www.NantucketFamilyResourceCenter.org](http://www.NantucketFamilyResourceCenter.org)