

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9am–5pm

Clothing Closet
hours are M, W, F
10am–4pm



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drop-Ins Welcome!</p> <p>Pre-registration is required for most groups, call for more information (413) 549-0297</p>				<p>10–11 Early Childhood Room: Learning Songs</p> <p style="text-align: right;">1</p>		<p>10–11:30 Parents' Autism Support</p> <p style="text-align: right;">2</p>
				<p>3</p>	<p>12:30-2 Active Parenting 0-5 3:30-5 S.T.E.M: Lasers</p> <p style="text-align: right;">4</p>	<p>1:30-2:30 Parent Self Care: Wall Calendars 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number</p> <p style="text-align: right;">5</p>
<p>10</p>	<p>12:30-2 Active Parenting 0-5 1-2:30 Teen leadership 3:30-5 Creativity & Curiosity: DIY Dream Catchers 5:30-7 Chess Club 5:30-7 Book Club</p> <p style="text-align: right;">11</p>	<p>1:30-2:30 Parent Self Care: Wall Calendars Continued 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number</p> <p style="text-align: right;">12</p>	<p>12-2 Parenting Journey II</p> <p style="text-align: right;">13</p>	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers</p> <p style="text-align: right;">14</p>	<p>10–11 Early Childhood Room: Storytime</p> <p style="text-align: right;">15</p>	<p>16</p>
<p>17</p>	<p>12:30-2 Active Parenting 0-5 3:30-5 S.T.E.M: Fossils</p> <p style="text-align: right;">18</p>	<p>1:30-2:30 Parent Self Care: Wall Calendars Continued 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number</p> <p style="text-align: right;">19</p>	<p>12-2 Parenting Journey II 1-2 Grandparents Raising Grandchildren</p> <p style="text-align: right;">20</p>	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers</p> <p style="text-align: right;">21</p>	<p>10–11 Early Childhood Room: Open Playtime</p> <p style="text-align: right;">22</p>	<p>23</p>
<p>24</p>	<p>12:30-2 Active Parenting 0-5 3:30-5 Creativity & Curiosity: Pumpkin Yarn Craft 5:30-7 Chess Club 5:30-7 Book Club</p> <p style="text-align: right;">25</p>	<p>1:30-2:30 Parent Self Care: Wall Calendars Continued 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number</p> <p style="text-align: right;">26</p>	<p>27</p>	<p style="text-align: center;">Center Closed</p> <p style="text-align: right;">28</p>	<p style="text-align: center;">Center Closed</p> <p style="text-align: right;">29</p>	<p>30</p>

PROGRAM DESCRIPTIONS

EDUCATION

Early Childhood Playtime — *Alexiz*

Whether it is for open playtime or a guided activity, come join us in our early childhood room for some fun. Good for kids 0-6. Provides an opportunity to enjoy our playroom and connect with other caregivers.

Fridays, 10-11am

Parents' Autism Support — *Vivian & John*

Monthly online support group for parents and caregivers of children with Level 1 Autism.

The first Saturday of the month, 10:00-11:30am

Email Alexiz to sign-up, alexiz.cruz@csoinc.org

Homework Club—*Jayne*

Let's study together! Sometimes a change of scenery is needed to get homework done. Come to the center and guide your children through their homework with staff support. Starting 9/17!

Tuesdays & Thursdays, 3-4:15pm

Active Parenting 0-5 — *Alex & Lisa*

Caregivers of children aged 0-5! Join us for an evidence-based parenting class. ***REGISTRATION REQUIRED***

Mondays, 12:30-2pm

Call to sign up or email alexiz.cruz@csoinc.org

NEW GROUPS

Parenting Journey II — *Jayne & Lisa*

Caregivers of children aged 0-18, looking to create more parenting goals? Join us for an evidence-based parenting class. ***REGISTRATION REQUIRED***

Wednesdays, 12-2pm starting 11/13

Call to sign up or email Jayne.finn@csoinc.org

Teen Leadership—*Jayne & Alexiz*

Have a teen looking to add to their college application? Have them join Teen Leadership! This volunteer opportunity will allow them to connect to the public and learn life skills to transition into adulthood. ***Hybrid***

Monday 11/11, 1-2:30pm

ARTS & CULTURE

Chess Club — *Jennifer*

Learn to play, practice strategies, and exercise your brain! Ages 10+. Dinner starting at 5:30pm.

Monday 11/11 & 11/25, 5:30-7pm

Book Club — *Jennifer*

For busy adults who want to read more.

Current book, 'Lock The Door', by Vincent Ralph

Monday 11/11 & 11/25, 5:30-7pm

Creativity & Curiosity — *Alexiz*

Got a little one between the ages of 5-9 who loves to explore and create? Join us weekly for fun art and science projects.

Monday 11/11 & 11/25, 3:30-5pm

Family Paint By Numbers Series — *Alexiz*

Join us every Tuesday for a family paint by numbers event! Parents and caregivers can enjoy an adult paint by numbers while the kids, aged 5+, can have their own. It's a fun and creative activity for the whole family!

Tuesdays, 4:30-5:30pm

FAMILY SUPPORT

Grandparents Raising Grandchildren — *Anne*

Every grandparent plays a special role in their grandchild's lives but those who are primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. All kinship caregivers welcome!

Every other Wednesday, 11/6 & 11/20, 1-2pm

Parent Self-Care — *Anne*

Join us for a weekly self-care time especially for parents and caregivers. This month, come make a monthly wall calendar and enjoy the company of others. All supplies provided, just bring yourself and your creativity!

Tuesdays, 1:30-2:30pm

THIS MONTH

Family Fun Day: Autumn Crafts

Join us for an in-center event! We will have a few different crafts to choose from along with cider and a yummy treat. All supplies will be provided!

Saturday, 11/9, 11:30am-1:30pm

S.T.E.M. — *Alex*

We're BACK! Week one, we will be exploring light and how lasers can bend! Week two, we will be exploring fossils and you will be able to dig up your own real fossils!

Monday 11/3 & 11/18, 3:30-5pm



Amherst Family Resource Center
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