



MONDAY 9AM-6PM	TUESDAY 9AM-6PM	WEDNESDAY 9AM-4PM	THURSDAY 9AM-6PM	FRIDAY 9AM-3 PM	SATURDAY 9AM-12PM
		<b>CLOSED</b>  <b>1</b>	Windows & Mirrors Playgroup 10-11  <b>2</b>	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 Grandparents Raising Grandchildren 12-1  <b>3</b>	<b>FC SATURDAY</b>  Open Playroom 9:30-11:30  <b>4</b>
<b>6</b>	Play & Learn 10 -11 Nurturing Fathers 6-8  <b>7</b>	Drop-In Support By appointment 9-12  <b>8</b>	Windows & Mirrors Playgroup 10-11  <b>9</b>	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30  <b>10</b>	<b>CLOSED</b>  <b>11</b>
New Year, New Visions Teen & Tween Workshop 4:30-6  <b>13</b>	Play & Learn 10 -11 Family Lunch 11:45-12:15 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8  <b>14</b>	Drop-In Support By appointment 9-12  <b>15</b>	Windows & Mirrors Playgroup 10-11  <b>16</b>	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 Grandparents Raising Grandchildren 12-1  <b>17</b>	<b>FC SATURDAY</b>  Open Playroom 9:30-11:30  <b>18</b>
<b>AGENCY CLOSED</b>  <b>20</b>	Play & Learn 10 -11 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8  <b>21</b>	Drop-In Support By appointment 9-12  <b>22</b>	Windows & Mirrors Playgroup 10-11  <b>23</b>	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30  <b>24</b>	<b>CLOSED</b>  <b>25</b>
<b>27</b>	Play & Learn 10 -11 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8  <b>28</b>	Drop-In Support By appointment 9-12  <b>29</b>	Windows & Mirrors Playgroup 10-11  <b>30</b>	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30  <b>31</b>	

Call to make an appointment for individual support.

**DROP-IN SUPPORT HOURS**

Monday 10-1  
Tuesday 10-1  
Thursday 10-1  
Friday 10-1  
Saturday 1st & 3rd  
9:30-11:30



**NEW YEAR,  
NEW VISIONS**

FREE TEEN AND TWEEN VISION BOARD WORKSHOP

Monday, January 13th 4:30-6pm  
Youth 12-18 Welcome!  
All Supplies Provided

JOIN US IN WELCOMING THE NEW YEAR  
WITH CHILL VIBES, SNACKS AND  
A VISION BOARD CRAFT

## ONGOING PROGRAMMING

### WHOLE FAMILY ACTIVITIES

**FAMILY LUNCH** - Join us every 2nd Tuesday for an interactive prepared meal and the opportunity to socialize with other Family Center families.

**FAMILY PAJAMA PARTY & TWEEN MAKERSPACE**- A night for the whole family! Story time literacy event for children ages 0-8 years old and their caregivers. Tween craft and game space for youth 8+. No registration required. Dinner provided. Every other month on the 3rd Thursday 4:30-5:30

**FC SATURDAYS** - 2nd & 4th Saturday Drop in for individual family support or have fun in the open playroom.

**STOP & PLAY** - Reserve & enjoy exclusive access to the Family Center playroom. A time for caregivers, their child and up to 6 siblings or buddies to explore, play & read.

### PLAYGROUPS

Weekly free Parent/Child playgroups from infancy through age 6. Come play, practice skills, read stories, and make new friends!  
\*\* Snack Provided \*\* No pre-registration required.\*\*

**Play & Learn** - Tuesdays 10-11AM  
**NEW! Windows & Mirrors** - Thursdays 10-11AM

### SUPPORT GROUPS

\*Light Snacks & Childcare provided. Transportation support available\*

**New Baby, New Feelings** - Weekly Fridays 10-11AM  
Social/support group for moms with babies ages 0-16 months.

**Tea & Toddler Club** - Weekly Fridays 11:30-12:30PM  
Weekly support group for parents & caregivers with toddlers age 16 mos-5yrs.

**Grandparents Raising Grandchildren** - 1st and 3rd Friday 12-1PM  
Let us create connections that allow us to share the joy, challenges, and uncertainties that come with being a grandparent.

Our Grandparents group meets in a casual, nonjudgmental space offering support to grandparents who are helping and/or raising grandchildren. Grandparents have the opportunity to meet other grandparents, develop a network of support, and receive information about services available.

### EVIDENCE-BASED CAREGIVER EDUCATION

We offer a variety of parent & caregiver strength-based programs. All programs are voluntary and free to enroll. Registration and intakes are required. Waitlists are ongoing!

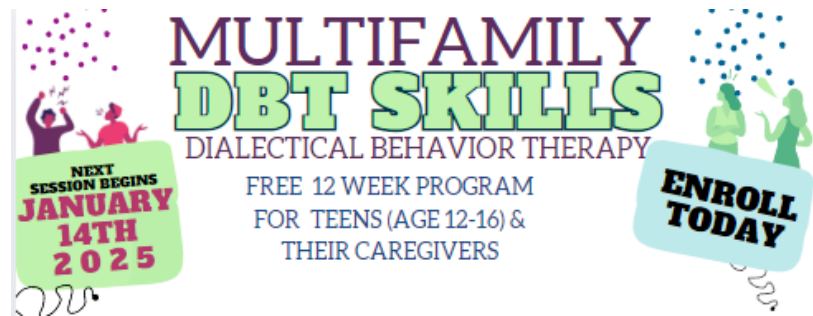
Active Parenting First Five Years ♦ Active Parenting of Teens ♦  
Nurturing Fathers ♦ Parenting Journey I & II ♦ My Journey  
Multi-Family DBT (Dialectical Behavior Therapy) ♦ Keeping Kids Safe

### PARENT ADVISORY

Interested in helping Your input is important to us. Help shape our programs and services. Join us once a quarter for updates and to share thoughts, ideas and feedback around current programming, workshops and brainstorm other ways we can support families.



**NURTURING FATHERS**  
EVERY CHILD DESERVES A NURTURING FATHER  
ENROLL TODAY!  
NEXT SESSION BEGINS JANUARY 7 2025  
TUESDAY EVENINGS 6PM-8PM



**MULTIFAMILY DBT SKILLS**  
DIALECTICAL BEHAVIOR THERAPY  
FREE 12 WEEK PROGRAM FOR TEENS (AGE 12-16) & THEIR CAREGIVERS  
ENROLL TODAY  
NEXT SESSION BEGINS JANUARY 14TH 2025

### DIAPER DISTRIBUTION

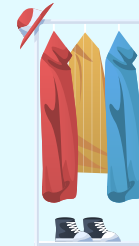


In need of diapers?  
We've got you covered once a month.

Free & Intake required.

Monday-Friday during our open hours.

### COMMUNITY CLOSET



In need of clothes?  
Shop in our free community closet.

Free & Intake required.

Call to schedule a shopping 413.475.1555

## WANT TO KNOW MORE ABOUT YOUR CHILD'S DEVELOPMENT?

Use the online to learn more about how they are growing and learning!



SCAN ME 