

Monday- Friday 9 a.m. to 5 p.m.
 Open One **Saturday** per month
 After hours appointment available upon request

NOVEMBER 2024



Enlace Family Resource Center 299 Main St. Holyoke

413-532-9300

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Parents support group 11 am.-12:30 pm	2
3	4 English Classes Closed enrollment 10 a.m. – 1 p.m.	5 Financial Literacy Financial Wellness Action Plans 10 a.m.to 12 pm	6 Housing Workshop Landlord/Tenant regulations 10a.m. -12 p.m. House of Colors 3-5 pm Nurturing Fathers Program 5- 8 P.M.	7 English Classes Closed enrollment 10a.m. – 1 p.m.	8 Grandparents raising grandchildren support group 1-2 p.m.	9
10	11 Office is closed 	12 Financial Literacy & Resources 10 a.m. – 12 p.m.	13 Healthy Cooking Controlling Cholesterol 10a.m-12pm House of Colors 3 – 5 p.m. Nurturing Fathers Program 5-8 p.m.	14 English Classes Closed enrollment 10a.m. – 1 p.m.	15 Parents Support Group 11 a.m. – 12:30 p.m.	16 Holiday Craft Activity 11:00- 12:30
17	18 English Classes Closed enrollment 10 a.m. – 1 p.m.	19 Financial Wellness & Cliff Effect 10 a.m. to 12 p.m.	20 Housing Applications 10 am-12 pm House of Colors 3 – 5 p.m Nurturing Fathers Program 5- 8 p.m.	21 English Classes Closed enrollment 10 a.m. to 1 p.m.	22 Holiday craft activity 10 a.m. – 12 p.m.	23
24	25 English Classes Closed enrollment 10 a.m. – 1 p.m.	26 Financial Wellness and Credit 10 a.m. – 12 p.m.	27 House of Colors 3-5 p.m.	28 	29 Office Closed	30

Parenting Groups

Nurturing Fathers Program

8-week evidence-based program for developing attitudes and skills for male nurturance. Men involved in their child's life are encouraged to call to register for the program.

Intensive Parenting Group

12-14 week program focusing on strengthening the couple's relationship (married/unmarried) through a shared exploration of parenting attitudes. Parents who are interested in joining this group please call to register.

Father's Parenting Journey

A 13-week curriculum designed to help parents increase their self-care practices, raise awareness of current and present factors in their lives that influence their parenting styles. Please call to register.

12 month's programming

- Parenting Group- call to register
- Parenting and Grandparents support group
- Cooking for better health
- Housing applications
- Tenants Rights
- Financial literacy
- Holiday Craft Design



SUPPORT GROUPS

PARENT SUPPORT GROUP:

AN IN-PERSON SUPPORT GROUP, HELD EVERY OTHER FRIDAY, FOR PARENTS NEEDING SUPPORT WITH PARENTING TECHNIQUES.

GRANDPARENTS RAISING

GRANDCHILDREN: THIS GROUP COMES TOGETHER TO DISCUSS AND LEARN HOW TO BEST CARE FOR YOURSELF & LEARNING ABOUT AVAILABLE RESOURCES WHILE RAISING YOUR GRANDCHILDREN.

GROUP MEETS EVERY OTHER FRIDAY

PLEASE LET US KNOW IF THERE IS A WORKSHOP OR TRAINING THAT YOU ARE INTERESTED IN THAT WE CAN PROVIDE

House of Colors

Is a Safe Space for LGBTQI youth

ages 13 to 19 years old.

It is youth

lead and directed with a focus on

youth development and living healthy and safe lives.

Youth meet Monday and Wednesday 2:30 -4:30 p.m.



Our Office Hour Schedule is

Monday – Friday
9 a.m. to 5 p.m.

We are open one Saturday
per month

Please call for an appointment to register for parenting groups & workshops

If you are in need to speak to one of our Family Support Specialist, after our regular office hours please call us to make those arrangements.

413-532-9300

New Story Time coming soon !