



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 11A-12:30P Mommy & Me 4P-5P Kettlebell boxing	2 4P-5P Kettlebell boxing	3 4P-5P Kettlebell boxing	4	5 10AM-12PM ESOL 10AM-11:30AM Pride Play & Fun
6	7	8 11A-12:30P Mommy & Me 4P-5P Kettlebell boxing	9 3-4:30PM Live Out Loud (HS) 4:30-6PM FRF/GRG Kinship Group 4P-5P Kettlebell boxing 4-5:30 Families Raising Families 5-7PM Youth Drop-In 5-7PM 24:7 Dads	10 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS) 4P-5P Kettlebell boxing	11	12
13	14	15 11A-12:30P Mommy & Me 4P-5P Kettlebell boxing	16 4P-5P Kettlebell boxing	17 4P-5P Kettlebell boxing	18	19 10AM-12PM ESOL 10AM-12PM Brave Spaces SUPERHERO Costume Party 12-2pm Conexione Positivas
20	21	22 11A-12:30P Mommy & Me	23 3-4:30PM Live Out Loud (HS) 4:30-6PM FRF/GRG Kinship Group 4P-5:30 Families Raising Families 5-7PM Youth Drop-In 5-7PM 24:7 Dads	24 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	25	26
27	28	29 11A-12:30P Mommy & Me	30	31		

For more information on all of our offerings, please visit:
<https://18degreesma.org/new-events/>

Mommy & Me Play Group

Tuesdays 11AM-12:30PM

A support/play group for mom's and children ages 0-3yr old. For moms and children to socialize, learn and connect. Contact Alexia for more information!

Live Out Loud MS, HS, and Young Adult Affinity Groups

These groups offer a safe and supportive space that centers LGBTQIA+ based conversations and activities. MS (Thurs 4-5:30pm, 5:30-7pm Drop-In Dinner) for ages 11-14. HS (Wed 3-4:30pm) for ages 14-18. YAAG (Thurs 12:30-2pm) for ages 18-30. Contact Christopher for more information!

BEATS Youth Drop-In

Wednesdays 5PM-7PM

Bringing Education and Talent to Song learn song writing, to create the beat and to put song to music. A space for youth to drop-in as needed for homework help, peer support, socialization or play games. Dinner is provided! For youth ages 11-17. Contact Sharon for more information!

FRF Families Raising Families

1st & 3rd Wednesdays 4-5:30P

A bilingual support group dedicated to those caring for children as a grandparent, sibling, aunt, uncle, or any other kinship caregiver, to have a safe, inclusive space to connect, share, and learn from one another. Contact Jermaine for more information!

Brave Spaces Superhero Costume Party

October 19th 10AM-12PM

Please join us for a fun, free costume party and dress up as your favorite superhero! Contact Christopher for more information!

Kettlebell Boxing Program

Tuesday/Wednesday/Thursday 4P-5P

This program is for children 12-17 designed to teach them the art of Boxing and self-discipline, while focusing on substance abuse prevention. Contact Sharon for more information!

24:7 Dads

Wednesdays 5-7p

An evidence based parenting class designed specifically for dads. Subjects such as; positive discipline, routines and traditions, and much more. Pre-registration required. Contact Jermaine for more information.

Nursing Baby/Toddler Group

Thursdays 9AM-10:30AM

Hosted by Berkshire Nursing Families an informal playgroup for families with feeding children to socialize, get parenting support, breastfeeding advice from other families. Baby scale is available for weight checks. Contact Tammy for more information!

ESOL

1st and 3rd Saturday each month 10AM-12PM

English to Speakers of Other Languages class open to everyone wishing to learn English or to improve your English speaking and written communication. Registration is required. Please contact Alexia for more information!

Conexione Positivas

3rd Saturday each month 12-2PM

A support and informative group for members of the Latino community. Each month different topics will be discussed. Contact Alexia for more information!

**To better serve you, Child Care is now available for our support groups and classes.
When registering please make staff aware of your childcare needs**

FRC Staff:

Program Director: Sharon Collins Newton scollinsnewton@18degreesma.org or ext. 265

Program Manager: Tammy Martin-Bartlett tmartinbartlett@18degreesma.org or ext. 264

Family Support Worker: Alexia Morales Jado amoralesjado@18degreesma.org or ext 268

LGBTQ+ Services Coordinator: Christopher Dellea cdellea@18degreesma.org or ext. 241

Family Partner – Jermaine Sistrunk jdsistrunk@18degreesma.org or ext. 286

School Liaison – Abbie Callaghan acallaghan@18degreesma.org or ext. 269

FRC Open Hours

Monday 9am-5pm

Tuesday 9am-5pm

5pm-7pm Remote

Wednesday 9am-7pm

Thursday 9am-7pm

Friday 9am-5pm

1st & 3rd Saturday 9:30am-12:30pm