



DECEMBER

SPRINGFIELD FRC 1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	3. 9am- 5pm Information & Referrals	4. 9am- 5pm Information & Referrals	5. 9am- 5pm Information & Referrals	6. Virtual Nurturing Father's 9:30am-12:00pm	7.
8.	9. Nurturing Father's 5:30-7:30 pm	10. Grandparent's Group 10:00am – 11:00am  SFRC Playgroup ESL Classes 5PM – 8PM	11. COFFEE HOUR 10:00am – 12:00pm ESL Classes 5PM – 8PM	12. Youth Coping Skills 3:30 5pm	13. Virtual Nurturing Father's 9:30am-12:00pm	14. Youth Support Group 10am-2pm
15.	16. Nurturing Father's 5:30-7:30 pm	17. Grandparent's Group 10:00am – 11:00am  SFRC Playgroup ESL Classes 5PM – 8PM	18. COFFEE HOUR 11:00am – 12:00pm  ESL Classes 5PM – 8PM	19. Youth Coping Skills 3:30-5pm	20. Virtual Nurturing Father's 9:30am-12:00pm	21.
22.	23. SFRC X-MASS Toys Coats & Hats 10-2pm	24. Grandparent's Group 10:00am – 11:00am  SFRC Playgroup ESL Classes 5PM – 8PM	25. CLOSED in Observation of Christmas Day  Merry Christmas	26. Youth Coping Skills 3:30-5pm	27. Virtual Nurturing Father's 9:30am-12:00pm	28. Youth Support Group 10am-2pm
29.	30. 	31.	1. CLOSED in Observation Of 2025		29	30

**ALL PROGRAMS ARE FREE!!!!!!!!!!!!**

**We are open Monday-Friday from 9am-5pm**

**Evening Hours MON, TUES, WED. 5 – 8:30PM**

**Second and fourth Saturdays of the month, 10am to 2pm**

**PROGRAMMING!!!**

**Nurturing Father’s Group:** Mondays 5:30-7:30pm, 13 Sessions

An Evidence based program that brings together men from all family circumstances who need help with understanding how to be nurturing and supportive.

**Grandparents Support Group:** Tuesdays 10am to 11am.

**SFRC Playgroups:** Tuesdays 11am to 12pm.

**Youth Anger Management Group:** Thursdays 4:00-6:00pm

Classes supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger.

**Parenting Journey Group:** Thursdays 5:00-7:30 pm, 12 Sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strengths to support their children and build nurturing family relationships.

**Active Parenting Birth to Five & TEENS: TBD**

**ESL Classes:** Tuesdays & Wednesdays 5pm to 8pm.

**Virtual & In-Person Youth Support Group:** 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of each month.



**Take Our Satisfaction Survey  
let Us know How we are doing**

**FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES**

**PLEASE CALL: (413)733-7699 SFRC EMAIL: [sfrcinfo@gandaracenter.org](mailto:sfrcinfo@gandaracenter.org)**

