



SPRINGFIELD FRC 1095 Spfld. MA.01103 Phone: (413)733-7699 Fax: (413)301-6601

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Nurturing Father's Recruiting for July 2024 !	2. Open Food Pantry 11:00-2:00pm	3. Community Café' 10:00am – 12:00pm	4. 	5. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. First Five Years Active Parenting Group 10am -12pm Open Enrollment	6. CLO SED
7.	8. Nurturing Father's Recruiting for July 2024	9. Open Food Pantry 11:00-2:00pm Virtual Grandparent's Support Group 5:30-7:30 pm	10. Community Café' 10:00am – 12:00pm	11. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	12. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. First Five Years Active Parenting Group 10am -12pm Open Enrollment	13. Virtual Youth Support Group 10:00-2:00pm
14.	15. Nurturing Father's Recruiting for July 2024	16. Open Food Pantry 11:00-2:00pm	17. Community Café' 10:00am – 12:00pm	18. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	19. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. First Five Years Active Parenting Group 10am -12pm Open Enrollment	20. CLOS ED
21/28	22/29. Nurturing Father's Recruiting for July 2024	23/25 Open Food Pantry 11:00-2:00p Virtual Grandparent's Support Group 5:30-7:30 pm	24/30 Community Café' 10:00am – 12:00pm	25/27 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	26. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. . First Five Years Active Parenting Group 10am -12pm Open Enrollment 10am-12pm	27/29 Virtual Youth Support Group 10:00-2:00pm

ALL PROGRAMS ARE FREE

We are OPEN Monday- Friday from 9am to 5pm with Evening Hours Mondays, Wednesdays & Thursdays 5pm to 8pm.

PROGRAMMING!!!

Nurturing Father's Group: Mondays 5:30-7:30pm, 13 Sessions evidence based program that brings together men from all family circumstances who need help with understanding how to be nurturing and supportive. [Recruitment Stage](#)

Grandparents Support Group: Virtual Support for grandparents, every other Tuesday from 5:30-7:30pm. [May 14 & 28th, 2024](#)

ESL Classes: Wednesdays 5:00-8:00pm. [Story Time Playgroups 6-7pm](#)

Food Pantry: Every Tuesday Time 11:00 am until 2:00 PM [Ongoing](#)

Youth Anger Management Group: Thursdays 4:00-5:00pm, an 8 session Class supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger. [Recruitment Stage](#)

Parenting Journey Group: Thursdays 5:00-7:30pm, 12 sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strenghts to support their children and build nurturing family relationships. [Recruitment Stage](#)

Virtual Youth Support Group: 2nd & 4th Saturdays of each month 10:00-2pm. [May 11 & 25th, 2024](#)

FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES PLEASE CALL: (413)733-7699

EMAIL SFRC- for referrals: sfrcinfo@gandaracenter.org





**Please Take Our
Satisfaction Survey !!
Let Us know How we are
doing.....**