



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9am- 5pm Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc.	<b>Grandparent's Group 1</b> 10:00am – 11:00am <b>SFRC Playgroup</b> 11:00am – 12:00pm <b>ESL Classes</b> 5PM – 8PM	<b>COFFEE HOUR 2</b> 10:00am – 12:00pm <b>WAYFINDERS</b> <b>ESL Classes</b> 5PM – 8PM	<b>3</b>	<b>4</b> <b>Virtual Nurturing Father's</b> 9:30am-12:00pm	<b>5</b> <b>CLOSED</b>
6	<b>7</b> <b>Nurturing Father's</b> 5:30-7:30 pm	<b>Grandparent's Group 8</b> 10:00am – 11:00am <b>SFRC Playgroup</b> 11:00am – 12:00pm <b>ESL Classes</b> 5PM – 8PM	<b>9</b> <b>COFFEE HOUR</b> 10:00am – 12:00pm <b>WAYFINDERS</b> <b>ESL Classes</b> 5PM – 8PM	<b>10</b> <b>JDAI Sub Meeting</b> 2pm- 4pm	<b>11</b> <b>Virtual Nurturing Father's</b> 9:30am-12:00pm	<b>12</b> <b>Youth Support Group</b> 10:00-2:00pm
13	<b>14</b> <b>Nurturing Father's</b> 5:30-7:30 pm	<b>Grandparent's Group 15</b> 10:00am – 11:00am <b>SFRC Playgroup</b> 11:00am – 12:00pm <b>ESL Classes</b> 5PM – 8PM	<b>16</b> <b>COFFEE HOUR</b> 11:00am – 12:00pm <b>WAYFINDERS</b> <b>ESL Classes</b> 5PM – 8PM	<b>17</b> <b>PAINT PARTY FOR TEENS</b> <b>Project AMP</b> 5:45PM-7:45PM	<b>18</b> <b>Virtual Nurturing Father's</b> 9:30am-12:00pm	<b>19</b> <b>Pumpkin Carving Party/Movement, Mood &amp; Food</b> <b>Project AMP</b> 10am-12:30pm
20	<b>21</b> <b>Nurturing Father's</b> 5:30-7:30 pm	<b>Grandparent's Group 22</b> 10:00am – 11:00am <b>SFRC Playgroup</b> 11:00am – 12:00pm <b>ESL Classes</b> 5PM – 8PM	<b>23</b> <b>COFFEE HOUR</b> 11:00am – 12:00pm <b>WAYFINDERS</b> <b>ESL Classes</b> 5PM – 8PM	<b>24</b>	<b>25</b> <b>Virtual Nurturing Father's</b> 9:30am-12:00pm	<b>26</b> <b>Youth Support Group</b> 10:00-2:00pm
27	<b>28</b> <b>Nurturing Father's</b> 5:30-7:30 pm	<b>Grandparent's Group 29</b> 10:00am – 11:00am <b>SFRC Playgroup</b> 11:00am – 12:00pm <b>ESL Classes</b> 5PM – 8PM	<b>30</b> <b>COFFEE HOUR</b> 11:00am – 12:00pm <b>WAYFINDERS</b> <b>ESL Classes</b> 5PM – 8PM	<b>31</b>  <b>5pm-7pm</b>	<b>9am- 5pm Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc.	

## ALL PROGRAMS ARE FREE

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

**Evening Hours** MON, WED & THU 5pm to 8pm

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

## 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.

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

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

**Youth Anger Management Group:** Thursdays 4:00-5:00pm, an 8 sessions class supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger. **TBD**

**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.

**Food Pantry:** Every Tuesday 11:00-2:00pm. **TBD**

**Virtual 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)**

