

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Holiday FRC Closed	3 <ul style="list-style-type: none"> ➤ Crafting hour with Eileen ➤ Pride in Family Group 	4 <ul style="list-style-type: none"> ➤ Fall Crafting Hour ➤ Family Game night 	5 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	6	7 <ul style="list-style-type: none"> ➤ Saturday Craft: Goofy Spoon Puppets (10 am – 12 pm) (see flyer for details)
8	9 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Parenting Journeys (Group M) ➤ Expressions Group 	10 <ul style="list-style-type: none"> ➤ Parenting Journeys (Group T) ➤ Crafting hour with Eileen ➤ Nurturing Fathers 	11 <ul style="list-style-type: none"> ➤ Fall Crafting Hour ➤ Family Game night 	12 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	13	14
15	16 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Parenting Journeys (Group M) ➤ Expressions Group 	17 <ul style="list-style-type: none"> ➤ Parenting Journeys (Group T) ➤ Crafting hour with Eileen ➤ Nurturing Fathers ➤ Pride in Family Group 	18 <ul style="list-style-type: none"> ➤ Fall Crafting Hour ➤ Family Game night 	19 All day FRC Staff Training FRC Closed	20 <ul style="list-style-type: none"> ➤ Friday Wellness Series with Kirsten Krieger - (Quabbin Health District Public Nurse) (2-3pm) 	21 <ul style="list-style-type: none"> ➤ Saturday Activity: A Guided Stroll through Grenville Park (10 am – 12 pm) (see flyer for details)
22	23 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Parenting Journeys (Group M) ➤ Expressions Group 	24 <ul style="list-style-type: none"> ➤ Parenting Journeys (Group T) ➤ Crafting hour with Eileen ➤ Nurturing Fathers 	25 <ul style="list-style-type: none"> ➤ Fall Crafting Hour ➤ Family Game night 	26 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren (Hybrid Day) ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	27	28
29	30 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Parenting Journeys (Group M) ➤ Expressions Group 					

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Calendar Descriptions

Evidence Based Parenting Courses

- **Parenting Journeys :** This is a 12-week strength based parenting course that focuses on how your upbringing as a child influences your parenting style now. You will join other parents in a calm, confidential environment to discuss and learn new techniques and skills, all while navigating the road ahead.
Monday & Tuesday 10:00 AM – 12:00 PM
- **Nurturing Fathers :** This is a 13-week peer-support centered parenting course that focuses on male nurturance and the roles dads play in the family. The course brings together men from different walks of life and family circumstances and focuses on the skills needed to help kids grow up feeling secure, loved, and self-confident.
Tuesday 5:30 – 7:30 PM
- **Active Parenting 4th Ed. :** A 6-week course, specifically focused on parents and caregivers of 5 - 12 year old children. The course focuses on knowledge and strategies geared towards raising responsible and cooperative kids who understand and can resist negative peer pressure.
Monday 10:00 AM – 12:00 PM
- **Active Parenting of Teens :** A 6-week course, specifically focused on parents and caregivers of 13-18 year old children. The course focuses on the skills and techniques needed for communication without conflict and raising self-disciplined teenagers.
Monday 10:00 AM – 12:00 PM

Arts, Crafts, Culture & More

- **Family Game Night :** Come join the Ware FRC crew for family supper and games. Food will be served promptly at 5:00 PM. Please RSVP so that we have food and space for everyone.
Wednesday 5:00 – 6:30 PM
- **Expressions :** A peer to peer, facilitator lead art & craft group where youth have the opportunity to express themselves and their emotions in positive ways. Discuss trending topics and how to navigate peer pressure, social media, and other contemporary topics.
Monday 3:00 - 4:30 PM
- **Fall Crafting Hour:** Come join members of the FRC crew for a fall crafting hour, opening to all ages and abilities. Whether you want to follow along or craft away at your own pace, this group offers a new fall themed craft every week. All materials provided.
Wednesday 2:00 – 3:00 PM
- **Crafting with Eileen :** Come join Eileen for some fun crafts for all ages. New craft every week, all materials provided, just bring your happy selves.
Tuesday 1:30 – 2:30 PM



of Ware @ Behavioral Health Network

Community Resources & Peer Support Groups

- **Drop-In Cafe :** Come on in, have a coffee or tea and meet with a member of the FRC crew. See our space and how we can help you!
Monday 10:00 – 11:30 AM
- **Parent & Child Activity :** A free play group for parents and their children, ages 2 – 5 years old. Come join us in our children's room for games, stories, and other fun family bonding activities.
Thursday 1:30 – 2:30 PM
- **Grandparents raising Grandchildren :** A peer to peer support group for grandparents raising their grandkids. Come connect with others and discuss raising kids in today's world.
Thursday 10:30 – 11:30 AM
- **Pride in You :** A peer to peer, facilitator lead support group for LGBTQIA2S+ youth ages 11-18. A supportive environment for youth to be themselves and discuss contemporary topics.
Thursday 3:45 – 5:00 PM
- **Pride in Family :** A peer to peer, facilitator guided support group for parents, caregivers, and adult relatives of LGBTQIA2S+ youth. A judgement free zone where we ask, explore, and find answers to questions about raising queer youth in today's world.
(Every Other) Tuesdays 6:00 – 7:00 PM



bhn FAMILY RESOURCE CENTER
82 Main St. Ware, MA 01082
www.facebook.com/bhnfrnc

To sign up and register please call (413)-277-6601 or send an email to bhnfrnc@bhninc.org