

16 GEORGE STREET  
WESTFIELD, MA 01085  
413-417-2020

# January 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

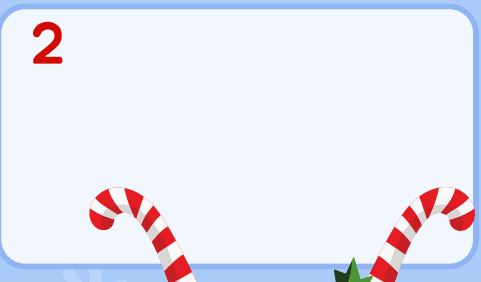
Friday

saturday

Instagram



WINTER VIBES



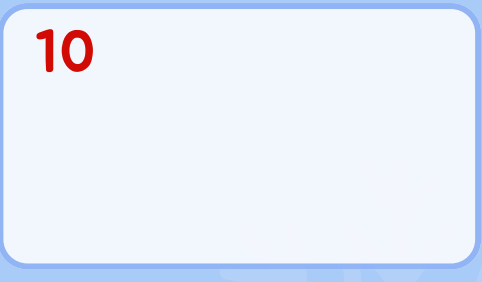
4 DROP IN HOURS 10am-1p  
watch a movie and lunch will be provided

5

6 youth drop in JOURNAL BUDDIES  
national cuddle day and happy feet movie

7 youth drop in arts and crafts day  
snow globe day

8 youth drop in life skills  
ants on a log and a bugs life movie



facebook



12 Winter Wonderland

13 youth drop in JOURNAL BUDDIES  
sensory sand bottle designs

14 youth drop in arts and crafts day  
DND GROUP 4-6pm  
paper plates snow bears and movie norm of the north

15 youth drop in  
make your own pizza night and a movie  
what does happiness smell like



18 DROP IN HOURS 10a-1pm  
HOSTING A LOVE AFTER LIFE GROUP  
light refreshments available



20 closed  
Dr martin Luther king day

21 youth drop in arts and crafts day  
shaving cream marble painting

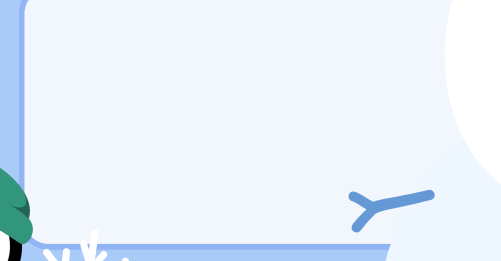
22 youth drop in  
make your own fun rainbow fruit kebab



27 youth drop in JOURNAL BUDDIES  
a rose from thorn prompt  
GRGC SUPPORT GROUP  
5p-6:30

28 youth drop in arts and crafts day  
build a snowman outside  
\*subject to change depending on weather

29 youth drop in  
make your own help at home list





### GRANDPARENTS RAISING GRANDCHILDREN

#### SUPPORT GROUP:

Support Group For Grandparents. Offered  
in person and via Zoom  
1/27 5pm-6:30pm

#### MUTUAL SELF HELP GROUP:

Various Series for Kids. Mondays 4pm-6:30pm

#### HOLIDAY CRAFT SERIES:

Join us Tuesdays in January for fun Winter crafts!  
4pm-6:30pm

#### JOURNAL BUDDIES AND WELLNESS PROMT

A ROSE FROM THRONES PROMT  
WHAT DOES HAPPINESS SMELL LIKE PROMT  
express your feelings!!  
4pm-6:30pm

#### ORNAMENT DECORATING

Join us at the FRC for making your own  
snowglobe  
1/7 4pm-6:30pm

#### FAMILY FUN NIGHT

Join us at the FRC for arts and fun.  
Ants on a log..along with a bugs life movie and  
popcorn.  
01/08 4pm-6:30pm

#### RAINBOW THEMED FRUITS

Join us at the FRC for creative rainbow fruit  
kebabs making  
1/22 4pm-6:30pm

### TEEN PEER MENTORING FUN

Wednesday teen fun night with friends  
5:30-6:30pm

#### YOUTH & TEEN DROP-IN:

Monday-Wednesday 4pm-6:30pm AND the  
1st and 3rd Saturday of each month 10am-  
1pm.

#### PLAYGROUP:

Free play and activities for children and  
families Monday-Wednesday following skills  
programming.

#### INTAKES:

We accept walk-in's during regular business  
hours. Or please feel free to call the office to  
make an appointment.

#### BUSINESS HOURS:

Monday-Wednesday: 9am-6:30pm, Thursday  
9am-5pm, Friday: 9am-4pm, Every 1st & 3rd  
Saturday 10am-1pm

#### LOVE AFTER LIFE:

A grief support group for families who have  
lost children to substances. Facilitated by  
Cora Chase, LMHC, CADC (and Susan  
Leggett). Starting Saturday 1/18  
10am-1pm

#### ACTIVE PARENTING:

First Five years--4 Week Session  
MUST PRE REGISTER  
DATES WILL BE AVAILABLE SOON

#### DV GROUP PROGRAM

MUST PRE REGISTER  
DATES WILL BE AVAILABLE SOON

#### NURTURING FATHERS GROUP:

Starting in 2025  
TBD

#### SNOW MUCH FUN:

Join us at the FRC for making a snowman outside  
1/28 4-6:30pm

#### DUNGEONS AND DRAGONS GROUP

character creating session ages 13-17  
Wednesday 1/14 4-6:00pm

 **Family  
Resource Center**

**Gándara Center**  
*Culturally Sensitive Care*



**16 George St. Westfield, Ma 01085**

**Phone: (413) 417.2020**