

ALL PROGRAMS FREE FOR FAMILIES

The FRC is
open
Mon-Fri
9am-5pm



APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <p>Please see back of calendar program descriptions</p>			1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 1	4-5 Creative Connections: Easter Egg Painting 6-8 Nurturing Fathers 2	10-11 Baby Playtime: Touch & Feel Books 11-12 Journaling Drop-In 3	4
5	10-12 New Baby, New Caregiver 5:30-6:30 Life Skills: Brene Brown: Power of Vulnerability & a Discussion 6	11-12:30 PJR 1:30-2:30 Caregiver Self Care: International Beaver Day Coloring 4-5:30 Family Hangout 7	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 8	4-5 Creative Connections: Bunny Ear Headband 6-8 Nurturing Fathers 9	10-11 Baby Playtime: Stacking Towers 10	10:30-12:30 Amherst College: Beneski Museum 11
12	5:30-7 Chess Club 5:30-7 Creative Writing 13	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Laughter Day 4-5:30 Family Hangout 14	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 15	4-5 Creative Connections: Painting Flower Pot 6-8 Nurturing Fathers 16	10-11 Baby Playtime: Busy Board Madness 11-12 Journaling Drop-In 17	18
19	CENTER CLOSED 20	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Celebrate National Tea Day 4-5:30 Family Hangout 21	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 1-3 Interskate 91 22	4-5 Creative Connections: Paper Flower Bouquets 6-8 Nurturing Fathers 12-2 Bowling 23	10-11 Baby Playtime: Imagination Travel 24	10:30-12:30 Popcorn & a Movie 25
26	5:30-7 Chess Club 5:30-7 Creative Writing 27	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Blueberry Treats for Blueberry Pie Day 4-5:30 Family Hangout 28	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 29	4-5 Creative Connections: DIY Bird Feeders 6-8 Nurturing Fathers 30	Drop-Ins Welcome! Call 413-549-0297 with Questions	

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz

Caregivers with children aged 0 - 5! Join us for an hour long guided activity. An opportunity to enjoy our playroom and connect with other caregivers.

Fridays, 10 – 11 am

Grandparents Raising Grandchildren — Anne & Lynda
Grandparents play a special role in their grandchild's lives but those who are primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. All kinship caregivers welcome!

Meeting bi-weekly! Wednesdays, 1 – 2pm

You're Not Alone — Lynda

A space where you can talk with someone who truly understands. Sit with a Family Partner who's walked a similar path—no judgment, just real conversation and support from someone who's been there.

Wednesdays, 3:30-4:30pm

Life Skills 101- Amanda

Build confidence for the real world! Learn practical skills like budgeting, communication, and decision-making in a fun, hands-on way. Perfect for teens getting ready for what's next. Ages 13+. Dinner will be provided. This will be the *first Monday of each month.*

Monday 4/6, 5:30-6:30



'The Bridge' Amherst FRC
101 University Drive, Suite A3, Amherst
413.549.0297

ARTS & CULTURE

Chess Club — Anne

Join our chess club to master the game, sharpen your strategy, and challenge your mind! Open to ages 10+.
Dinner starting at 5:30pm.

Monday 4/13 & 4/27, 5:30 – 7pm

Creative Writing — Teresa

Let your imagination flow in a supportive space! Join us for guided prompts, fun exercises, and time to share your writing if you'd like. All skill levels welcome. *Dinner starting at 5:30pm.* **Monday 4/13 & 4/27, 5:30 – 7pm**

Family Hangout — Alexiz & Jayne

Join us every Tuesday for a family game night! Caregivers and kids can enjoy some family fun. Several games to choose from each week. Dinner to be provided.

Tuesdays, 4 – 5:30pm

Parent/Caregiver Self-Care — Anne

Take a break and focus on YOU at our Caregiver Self-Care group! It's the perfect chance to unwind, reflect, and recharge — because taking care of yourself helps you take care of others! **Tuesdays, 1:30 – 2:30pm**

Sewing circle & Tea Time — Anne

Bring your own project to work on or participate in this month's upcycling project. Enjoy a cozy atmosphere filled with creativity, conversation, and a warm cup of tea. All are welcome to come share skills and ideas.

****Meeting bi-weekly** Wednesdays 1 – 2pm**

Journaling Drop-In— Lisa

Slow down, reflect, and get creative at our Drop-In Journaling group, open to teens and adults. This is a relaxed space to put pen to paper. No experience or supplies required; just bring yourself and see where the pages take you. ****Meeting bi-weekly** Fridays, 11 – 12 pm**

Creative Connections— Kayja

Explore fun projects, experiment with different materials, and enjoy the process of making art together. No experience needed, just bring your imagination!

Thursdays, 4—5pm

EVENTS

Beneski Museum— Alexiz & Teresa

Explore the wonders of the natural world with us on a trip to the Beneski Museum of Natural History! Discover fascinating fossils, ancient artifacts, and hands-on exhibits that bring science and history to life for all ages.

****Registration Required** Saturday 4/11, 1--3pm**

InterSkate 91- Alexiz

Join us for a fun-filled outing of music, lights, and skating—perfect for all skill levels. It's a great way to enjoy time together! *Space Limited*

****Registration Required by 4/13/26****

Wednesday 4/22, 1--3pm

Bowling— Alexiz

Join us for Dental Day hosted by J&S Smile Pros from 9:00am–4:00pm (last appointment at 3:30pm) for a day dedicated to healthy smiles! If you have MassHealth, please bring your card — if not, no worries about insurance, all are welcome.

****Registration Required by 4/13/26****

Thursday 4/23, 12--2pm

Popcorn & a Movie— Anne & Amanda

Settle in and get cozy for Popcorn & a Movie! Join us for a relaxed time to unwind, enjoy a great film (movie TBD), and share some popcorn together. It's the perfect chance to kick back, connect, and enjoy a laid-back movie experience with friends!

****Registration Preferred** Saturday 3/26, 10:30--12:30pm**

Scan this QR code to
Register:



CSOINC.ORG