

ALL PROGRAMS FREE FOR FAMILIES

JANUARY 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Drop-Ins Welcome! Please see back of calendar for online registration options.			Center Closed	10-11 Early Childhood Room: Open Play	
4	5:30-6:30 Life Skills 101	1:30-2:30 Caregiver Self Care: Winter Candles 4-5:30 Family Hangout: What do you meme? Family edition	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone	4-5 Creative Connections: Vision Board 6-8 Nurturing Fathers	10-11 Early Childhood Room: Tiny Builders 11-12 Journaling Drop-In	3
11	10-12 New Baby, New Caregiver 5:30-7 Chess Club 5:30-7 Creative Writing	1:30-2:30 Parent/ Caregiver Self Care: Adult Coloring 4-5:30 Family Hangout: Guess the Gibberish	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone	4-5 Creative Connections: Water Color Painting 6-8 Nurturing Fathers	10-11 Early Childhood Room: Bubble Madness 11:30-1 Lunch &	10
18	Center Closed	1:30-2:30 Parent/ Caregiver Self Care: Gratitude Jars 4-5:30 Family Hangout: Tapple	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone	9:30-10:30 Adulting Essentials: Task/Time Management 4-5 Creative Connec- tions: DIY Stickers 6-8 Nurturing Fathers	10-11 Early Childhood Room: Home Sweet Home 11-12 Journaling Drop-In	17
25	10-12 New Baby, New Caregiver 5:30-7 Chess Club 5:30-7 Creative Writing	1:30-2:30 Parent/ Caregiver Self Care: Com- munity Puzzle 4-5:30 Family Hangout: Rabble	1-3 Movie & Hot Cocoa 1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone	4-5 Creative Connections: DIY Bookmarks 6-8 Nurturing Fathers	10-11 Early Childhood Room: Storytime	24
26						30
						31

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

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 — Amanda

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, 4 – 5pm

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 12/1 & 12/29, 5:30 – 7pm



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

Creative Writing — Amanda

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 12/1 & 12/29, 5:30 – 7pm

Family Hangout — Alexiz & Jayne

Join us every Tuesday for a family hangout! Parents and caregivers can enjoy some family fun. Activity changing weekly. Dinner to be provided. *Call to register if you have dietary restrictions.* **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 exciting project: Laptop/tablet sleeve . 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—whether you want to explore your thoughts or simply enjoy some quiet writing time. 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

An art class designed for families to create side by side. 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

Paper Plate Snow Globes— Amanda

Get creative and make your own winter snow globe using paper plates!

Fun, easy, and perfect for kids of all ages.

All supplies provided —just bring your imagination!

Saturday 1/10, 10:30 —12:30pm

Board Game Bonanza- Alexiz

Roll the dice and join the fun!

Enjoy a variety of classic and new board games with friends. All ages welcome —come play, laugh, and win!

Saturday 1/24, 10:30 —1pm

Adulting Essentials: Task/Time Management

Learn simple, realistic tools to manage your time, stay organized, and keep up with daily tasks—without the overwhelm. Open to adults.

Thursday 1/22, 9:30 —10:30am

NEW THIS MONTH

Lunch & Learn- Alexiz

Join us for a relaxed Lunch & Learn featuring a Peace at Home parenting video followed by group discussion. *Lunch is served at 11:30 AM, and the presentation begins at 12:00 PM.* All are welcome!

Friday 1/16, 11:30-1pm

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 1/5, 5:30-6:30

Scan this QR code to Register:



CSOINC.ORG