

ALL PROGRAMS FREE FOR FAMILIES

JULY 2025

The FRC is open
Mon–Fri,
9am–5pm
(9-6 Wednesdays)

Clothing Closet
hours are Mon–Fri
10am–4pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-registration is required for most groups (QR codes on back) 413-594-0297		1:30-2:30 Parent Self Care: Adult Coloring 4-5:30 Family Hangout: Trivia: Decades Edition 1	4-6 You're Not Alone 2	10-11: Playground Playdates: Detective 3	Center Closed 4	5
6	7	1:30-2:30 Parent Self Care: Vision Boards 4-5:30 Family Hangout: Bananagrams 8	1-2 Sewing Circle + Tea Time 4-6 You're Not Alone 9	10-11: Playground Playdates: Scavenger Hunt 10	10-11 Early Childhood Room: Busy Boards 11	10:30-12:30 Swimming @ Mill River Park 12
13	5:30-7 Chess Club 5:30-7 Book Club 14	1:30-2:30 Parent Self Care: Group Puzzle 4-5:30 Family Hangout: Surprise Portrait Exchange 15	1-2 Grandparents Raising Grandchildren 4-6 You're Not Alone 16	10-11: Playground Playdates: Simon Says: Playground Edition 17	10-11 Early Childhood Room: Stacking Toys 12-1:30: Lunch n Learn: Peace at Home 18	19
20	21	1:30-2:30 Parent Self Care: Bubble Fun 4-5:30 Family Hangout: BINGO 22	1-2 Sewing Circle + Tea Time 4-6 You're Not Alone 23	10-11: Playground Playdates: Parachute & Roll the Dice 24	10-11 Early Childhood Room: Puzzle Play 25	10:30-12:30 Family Outing: McCray's Farm 26
27	5:30-7 Chess Club 5:30-7 Book Club 28	1:30-2:30 Parent Self Care: DIY Affirmation Journals 29	1-2 Grandparents Raising Grandchildren 4-6 You're Not Alone 30	10-11: Playground Playdates: Bubble Pop 31	Drop-Ins Welcome!	<div>SCAN ME</div>

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz & Lindsay
Caregivers with children aged 0 - 5! Join us for a guided activity, followed by a story. 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, 4 - 6pm

EDUCATION

Parenting Journey in Recovery — Anne
A supportive program designed for parents and caregivers who are in recovery. This class offers a safe space to grow, and strengthen parenting skills while navigating your recovery journey. **VIRTUAL!**

Registration Required* **Wednesdays 11 - 12:30pm**

Start Date in August TBD



Amherst Family Resource Center
101 University Drive, Suite A3, Amherst, MA
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 7/14 & 7/28, 5:30 – 7pm

Book Club — Lindsay

Join our book club for engaging discussions and a chance to connect with fellow readers. Discover new books, share your thoughts, and be part of a community! *Dinner starting at 5:30pm.*

Registration Required

Monday 7/14 & 7/28, 5:30 – 7pm

Family Hangout Series — Alexiz & Jayne

Join us every Tuesday for a family hangout! Parents and caregivers can enjoy some family fun with their child/ren. Activity changing weekly. Food to be provided.

Tuesdays, 4 - 5:30pm

Parent 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: creating Cutlery Holder Pouch and/or a Koozie . Enjoy a cozy atmosphere filled with creativity, conversation, and a warm cup of tea. Whether you're a seasoned seamstress or a beginner, all are welcome to come share skills and ideas

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

EVENTS

Swimming @ Mill River Park— Alexiz & Jayne

Join us for a fun and relaxing swim at Mill River Park in North Amherst! Take a dip in the refreshing waters and enjoy the beautiful park surroundings. Registration is required as space is limited, and transportation is also limited, so be sure to sign up early! Don't miss out on this great opportunity to cool off and connect with others. **Saturday 7/12, 10:30 - 12:30pm**

Family Outing: McCray's Farm — Lindsay & Kayja

Come join us for a day of mini golf, delicious food, ice cream, and a chance to visit with the animals at McCray's Farm in South Hadley! It's sure to be a fun-filled Saturday. Registration is required, as space is limited, and transportation is also limited, so be sure to sign up soon! **Saturday 7/26, 10:30 - 12:30pm**

NEW THIS MONTH

Playground Playdates — Alexiz & Lindsay

Join us at Groff Park, Amherst, for Playground Playdates—fun and games for kids ages 0–6 that support cognitive and executive functioning through play!

Thursdays, 10 - 11am

Click/Scan here for registration:

Groups & Events:

<https://forms.gle/sLUG4THUWhCuXyMfEA>



Registration Required Groups:

<https://forms.gle/zF8XFXvaFGa1ER7L6>



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