

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9am–5pm

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



MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drop-Ins Welcome!</p> <p>Pre-registration is required for most groups, call for more information</p>						<p>10–11:30 Parents’ Autism Support 1</p>
2	3	<p>1:30-2:30 Parent Self Care: Glitter Jars 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number 4</p>	5	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers 6</p>	<p>10–11 Early Childhood Room: Gross Motor Learning: Cereal Stringing 11:30–1 Lunch & Reflection: A Journaling Journey 7</p>	<p>10:30–12:30 Family Outing: Smith College Bulb Show 8</p>
9	<p>3:30-5 Creativity & Curiosity: The Butter Battle Book 5:30-7 Chess Club 5:30-7 Book Club 10</p>	<p>1:30-2:30 Parent Self Care: Adult Coloring 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number 11</p>	<p>1-2 Grandparents Raising Grandchildren 12</p>	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers 13</p>	<p>10–11 Early Childhood Room: Pi Day : Lets Learn Numbers! 14</p>	15
16	17	<p>1:30-2:30 Parent Self Care: Community Puzzle 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number 18</p>	19	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers 20</p>	<p>10–11 Early Childhood Room: Let’s Rhyme! 11:30–1 Lunch & Reflection: A Journaling Journey 21</p>	22
23/30	<p>[24th] 3:30-5 Creativity & Curiosity: Fizzy Eggs 5:30-7 Chess Club 5:30-7 Book Club 24/31</p>	<p>1:30-2:30 Parent Self Care: Bird Feeders 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number 25</p>	<p>11:30-2 Active Parenting: 0-5 Years 1-2 Grandparents Raising Grandchildren 4:30-6 Internet Safety: Teen Edition 26</p>	<p>3-4:15 Homework Club 6-7:30 Nurturing Fathers 27</p>	<p>10–11 Early Childhood Room: Pretend Play: Let’s Be Cats! 28</p>	<p>10:30–1:30 Wellness Retreat 29</p>

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexis & Lindsay
Caregivers with children aged 0 - 3! Join us for a 30 minute guided activity, followed by a story. A great 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

ARTS & CULTURE

Creativity & Curiosity — Alexis

Unleash your creativity and curiosity in this fun - filled class for kids ages 5 - 8! We'll make butter and do a fun experiment. Join us for a snowy adventure full of hands - on learning and artistic fun! Call to sign-up.

No experience needed

Monday 3/10 & 3/24, 3:30 - 5pm

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 3/10 & 3/24, 5:30 – 7 pm



Amherst Family Resource Center
101 University Drive, Suite A3, Amherst, MA
413.549.0297

Book Club — Lindsay

Join our book club for fun, engaging discussions and a chance to connect with fellow readers. Discover new books, share your thoughts, and be part of a vibrant community! Dinner starting at 5:30pm. **Registration Required*** **Monday 3/10 & 3/24, 5:30 – 7 pm**

Family Paint By Numbers Series — Alexis & Jayne

Join us every Tuesday for a family paint by numbers event! Parents and caregivers can enjoy an adult paint by numbers while the kids, aged 5 and up, can have their own. It's a fun and creative activity for the whole family! Snacks to be provided. **Tuesdays, 4:30 - 5:30pm**

Parent Self –Care — Anne

Take a break and focus on YOU at our Caregiver Self - Care workshop! Treat yourself to a creative and relaxing afternoon with fun projects! 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

Lunch & Reflection: A Journaling Journey — Lisa

Take a break and join us for a peaceful lunch paired with a journaling session focused on self-reflection. This is a great opportunity to unwind, reflect on your thoughts, and explore your personal journey in a calm and supportive environment. All journaling materials will be provided. Come for nourishing food and inspiring conversation! **Friday 3/7 & 3/21 11:30 - 1pm**

EDUCATION

Nurturing Fathers — David (contact Alexis)

Join our 13 - week Nurturing Fathers class — an evidence - based parenting group led by a father, for fathers. Connect, learn, and grow with other dads in a supportive online environment via Teams. ****New class in the Spring**** **Registration Required.**

Thursdays, 6 – 7:30

Homework Club — Jayne

Join our Homework Club, where we support caregivers in helping their children succeed! Get tips, resources, and hands - on assistance to make homework time easier and more enjoyable. We're here to help you and your child thrive together!

Tuesdays & Thursdays, 3 – 4:15

EVENTS

Family Outing: Smith Botanical Garden — Alexis

Escape into the tranquility of the Smith Botanical Garden! Join us for a refreshing outing among lush indoor plants, vibrant flowers, and peaceful surroundings. It's the perfect way to unwind, explore, and enjoy a little slice of nature—all in one spot!

Saturday 3/8, 10:30 - 12:30pm

Wellness Retreat — Alexis

Recharge and rejuvenate at our Wellness! Immerse yourself in healing vibes with a Reiki session, explore holistic remedies at The Peoples Medicine table, and unwind with a relaxing massage (fingers crossed!). It's the perfect day to focus on your well-being and leave feeling refreshed and re-energized! ***REGISTRATION REQUIRED*** **Limited space available.**

Saturday 3/29, 10:30 - 1:30pm

Internet Safety: Teen Edition — Kayja

Stay safe and smart online! Join our Internet Safety Course and learn how to protect your privacy, avoid online dangers. It's a fun, no-stress way to make sure you're staying safe while you're scrolling, gaming, and chatting! **Tuesday 3/26 4:30 - 6pm**

NEW THIS MONTH

Active Parenting First Five Years — Alexis & Lindsay

Parenting made easier, one step at a time! Join our 'Active Parenting: First Five Years' class to learn practical tips and strategies for raising confident, happy kids. Whether you're a new parent or looking for some fresh ideas, this class will give you the tools to navigate those early years with confidence and care! ***Starting 3/26***

Wednesdays 11:30 - 2pm

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