

ALL PROGRAMS FREE FOR FAMILIES

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

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



MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-registration is required for most groups, call for more information				Drop-Ins Welcome!		
		1:30-2:30 Parent Self Care: Adult Coloring 3-4:15 Homework Club 4-5:30 Family Hangout: BINGO	11:30-2 Active Parenting: 0-5 Years 1-2 Grandparents Raising Grandchildren	3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Bean Bag Play	10-11:30 Parents' Autism Support
4	5	6	7	8	9	10
11	3:30-5 Creativity & Curiosity: Shadow Tracing 5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Spring Cleaning 3-4:15 Homework Club 4-5:30 Family Hangout: Trivia	11:30-2 Active Parenting: 0-5 Years 1-2 Sewing Circle + Tea Time	3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Freeze Dance: Musical Instruments	12-4 Umbrella of Wellness Fair (off-site)
12	13	14	15	16	17	
18	19	20	21	22	23	24
25	Center Closed	1:30-2:30 Parent Self Care: Infused Water 3-4:15 Homework Club 4-5:30 Family Hangout: Dinner & a Movie	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time	3-4:15 Homework Club 6-7:30 Nurturing	10-11 Early Childhood Room: Simon Says	9:30-11:30 Community Baby Shower (off-site)
26	27	28	29	30	31	

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexis & Lindsay
Caregivers with children aged 0 - 5! 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! Join us for a snowy adventure full of hands - on learning and artistic fun! Call to sign-up. No experience needed

Monday 5/12, 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 5/12, 5:30 – 7 pm

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 5/12, 5:30 – 7 pm

Family Hangout Series — Alexis & 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 reusable sandwich bags. 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

EDUCATION

Homework Club — Jayne

Homework Club is where we support caregivers in helping their children succeed! Get tips, resources, and assistance to make homework time easier and more enjoyable. **Tuesdays & Thursdays, 3 – 4:15pm**

EVENTS

Mother's Day Cupcake Decorating — Alexis & Lindsay
Celebrate Mom with a sprinkle of love and a swirl of frosting! Join us for a sweet and creative cupcake decorating event just for kids. Little bakers will have a blast designing delicious treats to take home (or share with Mom!). All supplies provided—just bring your imagination and your sweet tooth!

Friday 5/9, 11- 12pm

Umbrella of Wellness Fair (off-site)— Anne

We'll be at the Umbrella of Wellness Fair in Belchertown alongside other local resources, community programs, food trucks, and raffles! Stop by our table to grab free info and items, and learn more about the services we offer to support you and your family.

Saturday 5/17, 12 - 4pm

Community Baby Shower (off-site) — Alexis & Amanda

We're excited to be part of the upcoming Community Baby Shower at Jackson Street Elementary School—a fun and welcoming event for new and expecting-again parents. Stop by our table to pick up some free baby items and learn more about the services and support available through our center. This is a great opportunity to connect with local resources, enjoy family-friendly activities, and celebrate the journey of parenthood.

Saturday 5/31, 9:30 - 11:30am

NEW THIS MONTH

Parenting Journey in Recovery — Anne

We're excited to introduce Parenting Journey in Recovery, a supportive and empowering program designed for parents and caregivers who are in recovery. This class offers a safe space to reflect, grow, and strengthen your parenting skills while navigating your recovery journey. You'll build confidence, connect with others, and explore what it means to parent with intention and resilience. **Lunch Provided. *Registration Required***

Wednesdays 11 - 12:30pm



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