

ALL PROGRAMS FREE FOR FAMILIES

The FRC is
open
Mon–Fri
9am–5pm



NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Please see back of calendar for online registration options. Drop-Ins Welcome!						
	4-5:30 LGBTQ+ Support Group	1:30-2:30 Parent Self Care: Adult Coloring	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone	3-4:30 Creative Connections: Cyanotype Printing 6-8 Nurturing Fathers	10-11 Early Childhood Room: Truck Town Builders	10:30-12:30 Family outing: Park Hill Orchard Scavenger Hunt
2	3	4	5	6	7	8
	10-12 New Baby, New Caregiver 5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Community Puzzle 4-5:30 Family Hangout: Karaoke	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-5 You're Not Alone	3-4:30 Creative Connections: DIY Zine 6-8 Nurturing Fathers	10-11 Early Childhood Room: Busy Board Madness 11-12 Journaling Drop-In	
9	10	11	12	13	14	15
	4-5:30 LGBTQ+ Support Group	1:30-2:30 Parent Self Care: Adult Coloring 4-5:30 Family Hangout: Charades	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone	3-4:30 Creative Connections: Collage: a Vision of My Future 6-8 Nurturing Fathers	10-11 Early Childhood Room: Band Jam	10:30-1 Thanksgiving Box Pick-up
16	17	18	19	20	21	22
	10-12 New Baby, New Caregiver 5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Community Puzzle 4-5:30 Family Hangout: Karaoke	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-5 You're Not Alone	CLOSED	CLOSED	
23/30	24	25	26	27	28	29

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz & Lindsay
Caregivers with children aged 0 - 5! Join us for an hour long guided activity. An opportunity to enjoy our play-room 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 — 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 11/10 & 11/24, 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 11/10 & 11/24, 5:30 – 7pm

Family Hangout Series — 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 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— Lindsay & 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, 3 - 4:30pm**

EVENTS

Family Outing: Park Hill Orchard Scavenger Hunt — Alexiz &

Join us for an exciting scavenger hunt at the beautiful Park Hill Orchard's Art in the Park in Easthampton! Immerse yourself in the vibrant atmosphere surrounded by stunning art installations and lush greenery. Enjoy delicious snacks as you explore and discover fascinating facts along the way. There's so much to see and learn.

Saturday 11/8, 10:30 - 12:30pm

Thanksgiving Box Pick-Up — Anne &

It's that wonderful time of year again! We're excited to remind everyone who pre-ordered Thanksgiving Day Boxes that you can pick them up this lovely Saturday during the times listed below. Just a friendly reminder—this pickup is exclusively for those who ordered in advance. Can't wait to see you!

Saturday 11/22, 10:30 - 1pm

NEW THIS MONTH

COATS— Everyone

We're excited to offer coats again this year, but supplies are very limited, so it's first come, first served! Coats can be picked up during our business hours. Just a friendly reminder: you can only pick up coats for those in your household. We appreciate your understanding and look forward to helping you!

Daily, starting 11/5, 10am - 4:30pm

Click or scan here for registration:

Groups & Events:

<https://forms.gle/sLUG4THUWhCuXYmEA>



Registration Required Groups:

<https://forms.gle/zF8XFXvaFGa1ER7L6>



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