

ALL PROGRAMS FREE FOR FAMILIES

OCTOBER 2026

The FRC is
open
Mon–Fri
9am–5pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Scan to register Registration required for all groups/events Call 413-549-0297 for registration and/or questions.			4-5 Creative Connections: Autumn Keepsake Box 1	10-11 Baby Playtime 11-12 Journaling Drop-In 4:30-6 Science and Shenanigans 2	3
4	10-12 New Baby, New Caregiver 5	11-12:30 Parenting Journey in Recovery 1:30-2:30 Caregiver Self Care: Mindfulness Jar 4-5:30 Family Hangout 6	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 7	4-5 Creative Connections: Mini Straw Scarecrow Making 8	10-11 Baby Playtime 4:30-6 Science and Shenanigans 9	11:30-1:30 Coat Drive 10
11	Center Closed 12	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Community Puzzle 4-5:30 Family Hangout 13	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 14	4-5 Creative Connections: Glow in the Dark Art 15	10-11 Baby Playtime 11-12 Journaling Drop-In 4:30-6 Science and Shenanigans 10-4 Costume Swap 16	11:30-1:30 Costume Swap 17
18	10-12 New Baby, New Caregiver 19	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Rock Painting 4-5:30 Family Hangout 20	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 21	4-5 Creative Connections: Pumpkin Painting 22	10-11 Baby Playtime 4:30-6 Science and Shenanigans 23	24
25	5:30-7 Chess Club 5:30-7 Writer's Playground 26	11-12:30 PJR 1:30-2:30 Caregiver Self Care: Halloween Coloring 4-5:30 Trunk or Treat 27	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 28	4-5 Creative Connections: Halloween Paper Lanterns 29	10-11 Baby Playtime 11-12 Journaling Drop-In 4:30-6 Science and Shenanigans 30	31

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

New Baby, New Caregiver — Kate & Lisa

This is for caregivers with babies from birth to 8 months, focused on connection and support. Childcare for older children and a light breakfast provided. Join us the first and third Mondays! **Monday 10/5, 10/19 10–12pm**

Grandparents Raising Grandchildren — Anne & Lynda
Grandparents 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. **Wednesdays, 3:30–4:30pm**

Baby Playtime — Alexiz

Join us for a morning of indoor play, exploration, and connection! Children ages 0–6 and their caregivers are invited to enjoy movement and time with other families **Fridays, 10–11am**

Parenting Journey in Recovery— Anne

A 14 week course designed for parents and caregivers in recovery. Strengthen your parenting skills while navigating your recovery journey. **Tuesdays 11–12:30**



'The Bridge' Amherst FRC
101 University Drive, Suite A3, Amherst
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 at 5:30pm. Monday 10/26, 5:30–7pm**

Writers Playground— Teresa

Join us for round-robin writing, haikus, story dice and more creative writing games. All skill levels welcome. **Dinner at 5:30pm. Monday 10/26, 5:30–7pm**

Creative Connections— Kayja

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

COMMUNITY WELLNESS

Sewing circle & Tea Time — Anne

Bring your own project to work on or participate in this month's upcycling project. 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

Family Hangout — Alexiz & Jayne

Join us every Tuesday for a family game night! Caregivers and kids can enjoy some family fun. Several games to choose from each week. **Dinner is 4–4:30.**

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**

Journaling Drop-In— Lisa

Slow down, reflect, and get creative at our Drop-In Journaling group, open to teens and adults. No experience or supplies required; just bring yourself and see where the pages take you.

****Meeting bi-weekly* Fridays, 11–12pm***

EVENTS

Costume Swap— Anne & Jayne

Bring in your old costumes for other families to enjoy and take a new to you costume this year.

Saturday 10/17, 11:30–1:30

Coat Drive— Kayja & Amanda

Come get ready for winter! Coats available in a variety of *children's sizes* while supplies last.

Saturday 10/10, 11:30–1:30pm

Trunk or Treat— All Staff

Costumes, treats, and family fun—we hope to see you there! **Tuesday 10/27, 4–5:30pm**

NEW THIS MONTH

Science and Shenanigans—Teresa & Kayja

Explore, experiment and discover! Join us and try a variety of hands on science activities and experiments designed to spark curiosity and creativity. Fun for all ages. Dinner provided. **Fridays, 4:30–6pm**

***Limited childcare available
for most groups/classes***

**Registration Required
for all groups/events.**
Scan this QR code to
register:



CSOINC.ORG