

ALL PROGRAMS FREE FOR FAMILIES

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



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1:30-2:30 Parent Self Care: Adult Coloring 4-5:30 Family Hangout: Charades	1-2 Sewing Circle + Tea Time 4-6 You're Not Alone	6-8 Nurturing Fathers	10-11 Early Childhood Room: Music & Story Circle	
	5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Vision Board 4-5:30 Family Hangout: Bananagrams Relay	1-2 Grandparents Raising Grandchildren 4-6 You're Not Alone	5:45-7:45 Active Parenting 0-5 (off site) 6-8 Nurturing Fathers	10-11 Early Childhood Room: Dinos & Trucks	10:30-12:30 Family Hike: Mt. Sugarloaf
		1:30-2:30 Parent Self Care: Affirmation Journals 4-5:30 Family Hangout: Pictionary	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-6 You're Not Alone	5:45-7:45 Active Parenting 0-5 (off site) 6-8 Nurturing Fathers	10-11 Early Childhood Room: Puzzles & Busy Boards	
	5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Community Puzzle 4-5:30 Family Hangout: Who's Smarter? Kids or Adults? Trivia	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-6 You're Not Alone	5:45-7:45 Active Parenting 0-5 (off site) 6-8 Nurturing Fathers	10-11 Early Childhood Room: Bubbles & Ball Pit Bonanza	10:30-12:30 Family "Cooking": Boards & Bites
	10-12 New Baby, New Caregiver	1:30-2:30 Parent Self Care: Adult Coloring 4-5:30 Family Hangout: BINGO	See the QR codes and links are on the back to register for groups/classes!			Drop-Ins Welcome!

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 — 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 9/17/2025



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 8/11 & 8/25, 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 8/11 & 8/25, 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. 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**

EVENTS

Swimming @ Mill River Park— Lindsay & Anne

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.** Lunch included!

Saturday 8/9, 11:30 - 1:30pm

CSOINC.ORG

New-to-You Back-to-School Shopping — Amanda & Kayja

Come shop our free clothing closet to get ready for the new school year! Browse gently used, freshly washed clothing for all ages — all by donation only. We also have a limited selection of shoes and accessories to complete your look. Find something new-to-you and head into the school year feeling great!

Saturday 8/23, 10:30 - 12:30pm

NEW THIS MONTH

Building Resilience — Amanda

Join us for Building Resilience in Families, a free workshop hosted by Trauma-Informed Hampshire County and SPIFFY. Learn practical, trauma-informed strategies to support your family's emotional well-being, strengthen connections, and navigate challenges with confidence. Together, we'll explore ways to foster resilience and create a nurturing environment for everyone in the home.

Friday 8/1, 12 - 1:30pm

Click or scan here for registration:

Groups & Events:

<https://forms.gle/sLUG4THUWhCuXyMEa>



Registration Required Groups:

<https://forms.gle/zF8XFXvaFGa1ER7L6>

