

# AUGUST

	SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
Ī						1 MOTHERS PRGM	2 YOGA PEER SUPPORT GROUP	Enlace de Familias Re 299 MAIN STREET, HOLY PHONE: 413-532-9300
3	3	니 FATHERS PRGM	5 RAISING A READER 230-330PM	6 HOUSING WORKSHOP COMMUNITY DEFENSE 5-7PM	7	8 GRANDPARENTS GROUP MOTHERS PRGM	9	MONDAY - WEDNESD,     9AM - 7PM     TUESDAY 6 FRIDAY     9AM - 5PM       1 <sup>21</sup> 6 2 <sup>ND</sup> SATURDAY K     7/4 CLOSED - 4 <sup>111</sup> OF
10	0	II FATHERS PRGM	IZ RAISING A READER 230 - 330PM	13 COOKING CLASS COMMUNITY DEFENSE 5-7PM	14	IS MOTHERS PRGM	16 YOGA PEER SUPPORT GROUP	Disclaimer: Families can be of posted hours by schedu appointment in advance.
1	7	IB CREATIVE ARTS FATHERS PRGM	STEERING COMMITTEE RAISING A READER 230-330	20 HOUSING WORKSHOP COMMUNITY DEFENSE 5-7PM	21	MOTHERS PRGM GRANDPARENTS GROUP STORYTIME	23	PLEASE CALL (413)532-9  FATHER'S PRGM 5PM MOTHER'S PRGM 10AM GRANDPARENT'S 1030 FOSTERPARENT'S SU HOUSING WORKSHOF COOKING CLASS IPM YOGA SUPPORT GRO STEERING COMMITEE SCHOOL ATTENDANC CREATIVE ARTS IPM
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#### -9300 TO REGISTER

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- M-3PM



More Information on programming on the back page.



### Parent/Guardian Support:

An in-person support group, held every other Thursday, for guardians struggling to support children with social, emotional and behavioral challenges

#### Grandparent's Raising Grandchildren Support:

Come join us every other Friday as we make space to connect, learn from & grow with other Grandparents like you!



A safe space for LGBTQ youth ages 13 to 24 years old. HOC is youth lead and directed with a focus on youth development and living healthy, safe lives. Join us Monday - Thursday from 1pm - 5pm for drop-in hours!





Tune in with us one a month for Virtual Storytime!

Here we offer a read along opportunity to parents and children on our Youtube page. If you are looking for books to read at home, feel free to reach out to us!

# Enlace de Familias Holyoke Family Network

299-301 Main St. Holyoke MA 01040 413-532-9300

Free resources, support and events for the whole family!

\*\*Call us today to set up an appointment\*\*

## **OUR SCHEDULE:**

Monday 9:00am - 7:00pm
Tuesday 9:00am - 5:00pm
Wednesday 9:00am - 7:00pm
Thursday 9:00am - 7:00pm
Friday 9:00am - 5:00pm
every other Saturday 10:00am - 12:00pm



Scan QR code above for direct access to our facebook page!



### Nurturing Fathers Program:

A 15-week evidence-based program for Fathers who would benefit from developing parenting & nurturing skills that will positively impact the family

#### Active Parenting Group:

An 8-week program focused on strengthening the relationship between coparents in an effort to reduce conflict and create cohesive understand through positive approaches.

### Mother's Parenting Journey:

A 6 week program designed to help mothers increase their self-care practices, raise awareness of past and present factors that influence parenting styles

Referrals for programming & services can be sent to referrals@enlacedefamilias.org

# UPEOMING PROGRAMS

- Parent Groups Register by calling or emailing: referrals@enlacedefamilias.org
- Virtual Storytime on our Enlace de Familias Youtube page
- · Cooking Classes
- · Housing Application Workshops

If you are in need of any after hours or weekend support, please let us know and we can book an appointment with you!