



SEPTEMBER

2026



SUN	MON	TUE	WED	THU	FRI	SAT
		1 530PM FAMILIES FIRST	2 HOUSING WORKSHOP COOKING CLASS FATHERS PRGM	3	4 SPANISH IOI	5 YOGA PEER SUPPORT GROUP
6 DADS GROUP 10AM - 12PM	7	8 HOUSING WORKSHOP 530PM FAMILIES FIRST	9 GRANDPARENTS FATHERS PRGM	10 MOMS GROUP MOTHERS PRGM	11 HOUSING WORKSHOP SPANISH IOI	12
13	14 IPM SERVSAFE	15 IPM SERVSAFE	16 HOUSING WORKSHOP IPM SERVSAFE FATHERS PRGM	17 MOTHERS PRGM	18 SPANISH IOI	19 YOGA PEER SUPPORT GROUP
20	21	22	23 GRADNPARENTS FATHERS PRGM	24 MOTHER PRGM FOSTERPARENTS	25 HOUSING WORKSHOP SPANISH IOI STORYTIME	26 EXPLORING AUTISM WITH BILINGUAL FAMILIES
27	28	29	30 HPS ATTENDANCE MEETING FATHERS PRGM			

Enlace de Familias Resource Center
299 Main Street, Holyoke, MA 01040
Phone: 413-532-9300

Hours of Operation

- Monday - Wednesday - Thursday
- 9am - 7pm
- Tuesday & Friday 9am - 5pm
- 1st & 3rd Saturday 10am - 12pm

Disclaimer: Families can be serviced outside of posted hours by scheduling an appointment in advance.

PLEASE CALL (413)532-9300 TO REGISTER

- NFP - FATHERS PROGRAM 530-730PM
- FOSTERPARENT'S SUPPORT 6PM - 8PM
- HOUSING WORKSHOP 10AM - 12PM
- COOKING CLASS 2PM - 4PM
- MOMS GROUP 1PM - 2:30PM
- YOGA SUPPORT GROUP 10AM - 11AM
- SPANISH 5:30PM - 7:30PM
- GRANDPARENTS GROUP 10:30AM
- MPJ - MOTHERS PROGRAM 3PM - 5PM



More Information on programming on the back page.





SUPPORT GROUPS

Mom's Support Group:

An in-person support group, held every 2nd Thursday, offer mothers a welcoming, judgment-free environment where they can openly share experiences, challenges, and joys!

Grandparent's Raising Grandchildren Support in Spanish:

Join us every other Wednesday as we make space to connect, learn from & grow with other Grandparents like you!

Yoga Peer Support Group:

Meets every 1st & 3rd Saturday. Come unwind with calming yoga, connect with peers, and strengthen your mind & body!

Dad's Group:

Meet on the 1st Sunday of every month
A space to relax, share experiences and build connections with other dads!



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!

FAMILY NIGHT

Join us once a month for a family night focused on the fun of science, math, technology and engineering!
Dinners on us!



299-301 Main St.

Holyoke MA 01040

413-532-9300

Free resources, support and events for the whole family!

****Call to set up an appointment or register for a workshop****

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!



****Refreshments & Childcare Provided****

PARENTING GROUPS

Nurturing Fathers Program:

A 15-week program for Fathers to developing parenting & nurturing skills that will positively impact the family

Active Parenting Group:

An 8-week program focused on the relationship between coparents to reduce conflict & create cohesive understanding

Mother's Parenting Journey:

An 12 week program designed to help increase self-care practices, raise awareness & strengthen parenting styles

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

LIFE SKILLS WORKSHOPS

Cooking Classes:

One class a month that focuses on meals on a budget & healthy eating!

Spanish for Service Providers:

8 weeks of building language skills to strengthens relationships with community!

Housing Application Workshops:

Three sessions a month focused on supporting individuals in completing & submitting applications!



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