

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:00A-12:30P Mommy & Me 1 Parent/Child Activity April Fools Activity!	3:00P-4:30P LGBTQ+ 2 High School Youth Group 4:00P-5:30P FRF Grandparents/ Kinship Support Group 5P-7:00P Nurturing Fathers Father's Parenting Class 5P-7:00P 24/7 Dad's Class	9:00A-10:30A Nursing 3 Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group		10:00-12P ESOL 5 English Class  10:00A-11:30A Playful Pals Group Play Group/Children Ages 5-10 with parent	
7	11:00A-12:30P Mommy & Me 8 Parent/Child Activity 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	3:00P-4:30P LGBTQ+ 9 High School Youth Group 5P-7:00P Nurturing Fathers Father's Parenting Class 5P-7:00P 24/7 Dad's Father's Parenting Class	9:00A-10:30A Nursing 10 Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group			
14	11:00A-12:30P Mommy & Me 15 Parent/Child Activity	3:00P-4:30P LGBTQ+ 16 High School Youth Group 4:00P-5:30P FRF Grandparents/ Kinship Support Group 5P-7:00P Nurturing Fathers Father's Parenting Class 5P-7:00P 24/7 Dad's Father's Parenting Class	9:00A-10:30A Nursing 17 Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group		10:00A-12:00P ESOL 19 English Class  12:00P-2:00P Conexiones Positivas Latino Support/ Resource Connections	
Patriot's Day 21 CLOSED	11:00A-12:30P Mommy & Me 22 Parent/Child Activity 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	3:00P-4:30P LGBTQ+ 23 High School Youth Group 5P-7:00P Nurturing Fathers Father's Parenting Class 5P-7:00P 24/7 Dad's Father's Parenting Class	9:00A-10:30A Nursing 24 Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group			
28	11:00A-12:30P Mommy & Me 29 Parent/Child Activity	3:00P-4:30P LGBTQ+ 30 High School Youth Group 5P-7:00P Nurturing Fathers Father's Parenting Class 5P-7:00P 24/7 Dad's Father's Parenting Class				

### **Mommy & Me/Parent-Child Interaction Play Group**

**Tuesdays 11:00 AM-12:30 PM**

A supportive play group for parents and children ages 0-5yr old. The group includes parent-child interaction activities, education around child development and parenting behaviors, and an opportunity to connect with other parents. Nutritious food and snacks included.

Contact: Alexia 413-448-8281 Ext: 268 or Brooke Ext: 283 for more information.

### **Parenting Circle/Parent Support Group**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month 5:30 PM-7:00 PM**

Is your young person struggling with school? Maybe your teen is making you feel like the worst parent alive. Parenting is tough and we are here to walk alongside you. In this supportive group we will discuss positive discipline, emotional regulation, school related issues, parenting behaviors, and so much more.

Light dinner or snacks included.

Contact: Abbie 413-448-8281 Ext: 269 for more information.

### **Achieving Dadhood/Father Support Group**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month 6:00 PM-7:00 PM**

Are you a dad? Whether you're a first-time dad, first generation dad, a seasoned dad, a dad working toward reunification or visitation, this group is for you! Join other dads to share a light dinner and gain support around the challenges and successes of fatherhood. Facilitated by Brandon Mauer, father of a beautiful and spirited 2-year-old daughter.

Contact: Sharon Collins Newton 413-448-8281 Ext: 265 for more information.

### **BRAVE SPACES LGBTQ+LOLYP MS, HS, and Young Adult Affinity Groups**

These groups offer a supportive space that centers around LGBTQ+ based curriculum and discussion.

Use your voice and find your authentic self while participating in fantastic activities and field trips, all while making new friends. Light dinner and snacks are always included for all groups.

Middle School (Thurs 5:00 PM - 6:30 PM for ages 11-14)

High School (Wed 3:00 PM - 4:30 PM for ages 14-18)

Young Adult Affinity Group (Thurs 12:30 PM- 2:00 PM for ages 18-30)

Contact: Christopher 413-448-8281 Ext: 241 for more information.

### **PLAYFUL PALS GROUP/Children's Play Group**

**1<sup>st</sup> Saturday of each month 10:00 – 11:30**

This group brings children ages 5-10 together in a space where creativity will abound with activities, games, skits, song, movement and art. Snacks included. Everyone is welcome to join!

Contact: Christopher 413-448-8282 Ext: 241 for more information.

### **NURTURING FATHERS/FATHERS PARENTING CLASS 12 WEEK SERIES**

**Wednesday 5:00 – 7:00**

**Registration for this series is closed as the series is in progress.**

This class is a 12-week series using the Nurturing Fathers curriculum. This class will be facilitated by Jermaine Sistrunk. Registration and intake paperwork required and attendance is mandatory to receive certificate of completion. Light dinner included.

Contact: Jermaine 413-448-8281 Ext: 286 for more information.

### **24/7 DAD'S/FATHERS PARENTING CLASS 10 WEEK SERIES**

**Beginning April 9<sup>th</sup> 5:00 – 7:00**

This class is a 12-week series using the 24/7 Dad's curriculum. This class will be facilitated by Frank Busener. Registration and intake paperwork required, and attendance is mandatory to receive certificate of completion. Light dinner included.

Contact: Sharon Collins Newton 413-448-8281 Ext: 265 for more information.

**413-448-8281 or [info@18degreesma.org](mailto:info@18degreesma.org)**

### **FRF Families Raising Families/Grandparents/Kinship Support Group**

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 4:00 PM-5:30 PM**

A support group dedicated to those caring for children as a grandparent, sibling, aunt, uncle, foster parent, or any other kinship caregiver, to share a light dinner in an inclusive space where you can connect, share, and learn from one another.

Contact: Jermaine 413-448-8281 Ext: 286 for more information.

### **Nursing Baby/Toddler Group/Berkshire Nursing Families**

**Thursdays 9:00 AM-10:30 AM**

Hosted by Berkshire Nursing Families this is a supportive playgroup for those who are breastfeeding to socialize, get parenting and breastfeeding support from a lactation consultant and other participants. Baby scale available for weight checks.

Contact: 413-448-8281 Alexia Ext: 268 or Brooke Ext: 283 for more information.

### **Conexiones Positivas/Latino Resource Connections Group**

**3<sup>rd</sup> Saturday of every month 12:00 PM -2:00 PM**

A supportive and informative group for members of the Latino community. Each month different topics will be discussed and facilitators from the community will be invited to share vital information and resources with participants.

Contact: Alexia 413-448-8281 Ext: 268 for more information.

### **ESOL English Classes 1<sup>st</sup> & 3<sup>rd</sup> Saturday of every month 10:00A – 12:00P**

English classes include a fun way to socialize while learning English. Contact: Alexia 413-448-8281 Ext: 268 for more information.

#### **FRC STAFF DIRECTORY:**

**413-448-8281**

Program Director: Sharon Collins Newton [scollinsnewton@18degreesma.org](mailto:scollinsnewton@18degreesma.org) or ext. 265

Family Support Worker: Alexia Morales-Jado [amoralesjado@18degreesma.org](mailto:amoralesjado@18degreesma.org) or ext 268

Family Support Worker: Brooke Pelley [bpelley@18degreesma.org](mailto:bpelley@18degreesma.org) or ext. 283

LGBTQ+ Services Coordinator: Christopher Dellea [cdellea@18degreesma.org](mailto:cdellea@18degreesma.org) or ext. 241

Family Partner – Jermaine Sistrunk [jdsistrunk@18degreesma.org](mailto:jdsistrunk@18degreesma.org) or ext. 286

School Liaison – Abbie Callaghan [acallaghan@18degreesma.org](mailto:acallaghan@18degreesma.org) or ext. 269



#### **FRC OPEN HOURS:**

**Monday 9:00 – 5:00**

**Tuesday 9:00 – 5:00**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday 9:00 – 7:00**

**Wednesday 9:00 – 7:00**

**Thursday 9:00 – 6:30**

**Friday 9:00 – 3:00**

**1<sup>st</sup> and 3<sup>rd</sup> Saturday 9:30 – 12:30**

**For more information on any of our offerings visit:**

**<https://18degreesma.org/new-events/>**

