



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10-12P ESOL 1 English Class 10A-11:30A Playful Pals Group Play Group/Children Ages 5-10 with parent
2	3	4 11A-12:30P Mommy & Me Parent/Child Activity Mardi Gras Fun!	5 3P-4:30P LGBTQ+ High School Youth Group 4:00P-5:30P FRF Grandparents/ Kinship Support Group 5P-6:30P Nurturing Fathers Father's Parenting Class	6 9A-10:30A Nursing Baby/Toddler Support Group 12:30P-2P LGBTQ+ Young Adult Affinity Group 5P-6:30P LGBTQ+ Middle School Youth Group	7	8
9	10	11 11A-12:30P Mommy & Me Parent/Child Activity 5:30P-7P Parenting Circle Parent Support Group 6P-7P Achieving Dadhood Father Support Group	12 3P-4:30P LGBTQ+ High School Youth Group 5P-6:30P Nurturing Fathers Father's Parenting Class	13 9A-10:30A Nursing Baby/Toddler Support Group 12:30P-2P LGBTQ+ Young Adult Affinity Group 5P-6:30P LGBTQ+ Middle School Youth Group	14	15 10-12P ESOL English Class 12P-2P Conexiones Positivas Latino Support/ Resource Connections
16	17	18 11A-12:30P Mommy & Me Parent/Child Activity St.Patrick's Day Fun!	19 3P-4:30P LGBTQ+ High School Youth Group 4:00P - 5:30P FRF Grandparents/ Kinship Support Group 5P-6:30P Nurturing Fathers Father's Parenting Class	20 9A-10:30A Nursing Baby/Toddler Support Group 12:30P-2P LGTQ+ Young Adult Affinity Group 5P-6:30P LGBTQ+ Middle School Youth Group	21	22 3:30P - 5:30P FRC Photo Booth at Berkshire United Way's 10x the FUN EVENT at Zion Lutheran Church, First Street, Pittsfield
23	24	25 11A-12:30P Mommy & Me Parent/Child Activity 5:30P-7P Parenting Circle Parent Support Group 6M-7P Achieving Dadhood/ Father Support Group	26 3P-4:30P LGBTQ+ High School Youth Group 5P-6:30P Nurturing Fathers Father's Parenting Class	27 9A-10:30A Nursing Baby/Toddler Support Group 12:30P-2PM LGBTQ+ Young Adult Affinity Group 5P-6:30P LGBTQ+ Middle School Youth Group	28	

Registration is required for all groups, classes, and activities.

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

2nd and 4th 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

2nd and 4th 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

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

This class is a 12-week series using the Nurturing Fathers curriculum. This class will be facilitated by Jermaine Sistrunk. March 5th running every for 12 weeks from 5 PM – 6:30 PM. 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.

18 Degrees partners with Cradles to Crayons to provide FREE diapers during FRC Open hours!

413-448-8281 or info@18degreesma.org

FRF Families Raising Families/Grandparents/Kinship Support Group

1st & 3rd 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

3rd 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 1st & 3rd 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.

*** Inquire about our Youth Boxing Group/FRC Together with Youth Substance Use Prevention Tuesday, Wednesdays and Thursdays 4:00 PM – 5:00 PM@ Southeast Kettle Bell**

Middle School, High School or Young Adults enjoy up to 3 days per week of their choice of boxing lessons with a trained professional from Southeast Kettle Bell Gym in Pittsfield. Protein bars, water and all boxing equipment included. Participants gain education around Substance Use prevention, stress reduction, and health and wellness.

Contact: Christopher 413-448-8281 Ext. 241 or Steve Quadrozzi 413-344-3721 for more information.

FRC STAFF DIRECTORY:

413-448-8281

Program Director: Sharon Collins Newton scollinsnewton@18degreesma.org or ext. 265

Family Support Worker: Alexia Morales-Jado amoralesjado@18degreesma.org or ext 268

Family Support Worker: Brooke Pelley bpelley@18degreesma.org or ext. 283

LGBTQ+ Services Coordinator: Christopher Dellea cdellea@18degreesma.org or ext. 241

Family Partner – Jermaine Sistrunk jdsistrunk@18degreesma.org or ext. 286

School Liaison – Abbie Callaghan acallaghan@18degreesma.org or ext. 269



FRC OPEN HOURS:

Monday 9am-5:00pm

Tuesday 9am-5:00pm

2nd & 4th Tuesday 9am-7:00pm

Wednesday 9am-7:00pm

Thursday 9am-6:30pm

Friday 9am-3:00pm

1st & 3rd Saturday 9:30am-12:30pm

For more information on all of our offerings, please visit:

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

