

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series	2 11:00A-12:30P Mommy & Me Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series	3 3:00P-4:30P LGBTQ+ High School Youth Group 4:00P-5:30P FRF Grandparents/ Kinship Support Group 5:00P-7:00P Nurturing Father's Class 12-week class series	4 9:00A-10:30A Nursing Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group 5:30P-6:30P Family Meals On A Budget	5	6 10 A – 11A Playful Pals Group 10A-12P ESOL English Class 11:00A-1:00P GRANDPARENTS DAY BRUNCH	7
8 Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	9 11:00A-12:30P Mommy & Me Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	10 3:00P-4:30P LGBTQ+ High School Youth Group 5:00P-6:00P ESOL English Class 5:00P-7:00PNurturing Father's Class 12-week class series 5:00-7:00 24/7 Dads 10-week class series Day 1	11 9:00A-10:30A Nursing Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group	12	13	14
15 Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series	16 11:00A-12:30P Mommy & Me Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series	17 3:00P-4:30P LGBTQ+ High School Youth Group 4:00P-5:30P FRF Grandparents/ Kinship Support Group 5:00P-6:00P ESOL English Class 5:00P-7:00PNurturing Father's Class 12-week class series 5:00-7:00 24/7 Dads 10-week class series	18 9:00A-10:30A Nursing Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group	19	20 12P-2P Conexiones Positivas Latino Support/ Resource Connections 12P-2P HOME HEATING & FIRE SAFETY WITH PITTSFIELD FIRE DEPT.	21
22 Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	23 11:00A-12:30P Mommy & Me Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series 5:30P-7:00P Parenting Circle Parent Support Group 6:00P-7P Achieving Dadhood Father Support Group	24 3:00P-4:30P LGBTQ+ High School Youth Group 5:00P-7:00PNurturing Father's Class 12-week class series 5:00-7:00 24/7 Dads 10-week class series	25 9:00A-10:30A Nursing Baby/Toddler Support Group 12:30P-2:00PM LGBTQ+ Young Adult Affinity Group 5:00P-6:30P LGBTQ+ Middle School Youth Group	26	27	28
29 Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series	30 11:00A-12:30P Mommy & Me Parent/Child Activity 5:00P-7:00P Active Parenting VIRTUAL 6-week class series					

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

1st Saturday of each month 10:00 AM – 11:30 AM

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

Wednesdays 5:00 – 7:00 PM

PRIOR REGISTRATION REQUIRED.

This class is a 12-week series using the Nurturing Fathers curriculum. This class will be facilitated by Jermaine Sistrunk. Registration and intake paperwork is 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

Wednesdays 5:00 – 7:00

10-WEEK SERIES. Starting Sept. 10th. PRIOR REGISTRATION REQUIRED.

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

GRG/FRF Grandparents Raising Grandchildren/Families Raising Families/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 Saturday 10:00A – 12:00P & 2ND & 3RD Wednesday 5:00P – 6:00P of every month

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

ACTIVE PARENTING – 6-WEEK SERIES Tuesdays 5:00 - 7:00 PM via ZOOM

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

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

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

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

Program Manager: Baraq Peltier-Polston bpeltierpolston@18degreesma.org or ext. 264

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

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

Youth Services/LGBTQIA+ Manager: Christopher Dellea cdellea@18degreesma.org or ext. 241

Youth Services Coordinator: Aidan Wellington awellington@18degreesma.org or ext. 241

Substance Use Prevention Youth Specialist: Dawn Syrko dsyrko@18degreesma.org

For more information on any of our offerings visit:

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



FRC OPEN HOURS:

Monday 9:00 – 5:00

Tuesday 9:00 – 5:00

2nd & 4th Tuesday 9:00 – 7:00

Wednesday 9:00 – 7:00

Thursday 9:00 – 6:30

Friday 9:00 – 3:00

1st Saturday 9:30 – 12:30

3rd Saturday 12:00 – 2:00