



Just A Phone Call Away 733-7699

Daily Schedule of Programs & Services

F.R.C. Bag & Brag Pantry:	Every MONDAY 1:pm - 3:pm Bring your BAG!
F.R.C. Coffee Hour:	Wednesdays -10:am to 12:pm: Free Coffee, Bread & Pastries for all.
Community Café	Wednesday -10:am to 11:am: Informative Presentation during Café hour.
Bread & Desserts Donation:	Wednesday - 11:am -12:pm Bread & Desert Don. By Panera Bakery & Big "Y" Super Market
School Support / C.R.A. (formerly CHINS)	Weekdays - 9:00am to 5:00pm / Contact: Ms. Dawkins
Lic. Mental Health Clinician & Family Partner	Weekdays 9:00am to 5:00pm / Contact: Ms. Scrusse
Housing Application Assistance:	Weekdays - 9:00am to 5:00pm / Assistance by the Family Resources Specialists
Job Search & Resume Writing Assistance	Weekdays - 9:00am to 5:00pm / Contact: Ms. Lopez
Public Notary Services:	Thursday-10:00am to 12:00pm / Contact: Ms. Lopez
Parent Child Home Program:	P.C.H.P. Home Visiting Program for Children 18months to 3 years / (Registration Required)

Evening Schedule for: Support Group-Trainings-and Tutorials

L.G.B.T.S. Alliance Support Group:	To be ANNOUNCED SOON ... 5:30pm to 7:30pm (Registration Required)
Grandparents Support Group:	Last Tuesday of Each Month: 5:00PM to 7:00PM The Support Network
ESL Tutoring:	FRIDAY - 5:00pm to 8:00pm (Registration Required) OPEN Registration
Strengthening Family Program :	To be ANNOUNCED SOON ... (Registration Required)
Fathers Nurturing Program:	SOON: February/2019 (Registration Required) 14 weeks tutorial
Parenting Skills Classes:	WEDNESDAY - 5:00pm to 6:00pm (Registration Required)
Coping Skills & Anger Management...	Youth Group (Thursday 4:pm to 5:pm) & Adult Group (Wednesday 4:pm to 5:pm)
Youth Art Activities:	2nd & 4th SATURDAY of each MONTH from 10:00am to 2:00pm

Our trained staff will assist our clients with information on: Financial Benefits, Educational information for all ages, Safety issues, Housing assistance, Employment assistance, Continued Education, Health options, Child Care choices, Evidence-Base Programs, Support-Groups, Youth Activities and Tutoring Classes, etc. We provide referrals to link families and individuals with other agencies and services in the Hampden County. An Initial Intake is request for registrations and services.

Office Hours:

*Mon - Fri = 9:00am to 12:00pm and 1:00pm to 5:00pm. (closed for lunch)
F.R.C. open every 2nd & 4th Saturday of each month from 10:00am to 2:00pm.*

Please log onto our Facebook page for more information and to see our calendar of events and flyers.



<https://www.facebook.com/pages/Springfield-Family-Support-Programs-Family-Resource-Center>

<http://frcma.org/locations/springfield-family-support-programs-family-resource-center>



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Horario Diario de Programas y Servicios

DISPENSAS de Compras S. F.R.C.:	LUNES: 1:pm a 3:pm Favor traer su bolsa:
Café de la Comunidad	MIERCOLES: 10:am a 12:pm: Café "Fresco", Pan y Postres para todos.
Presentaciones Informativas de Agencias	MIERCOLES: 10:am a 11:am: Presentaciones INFORMATIVAS durante la "Hora del Café".
Donaciones de Pan "fresco" y Postres:	MIERCOLES: 11:am-12:pm, auspiciadas por el Supermercado Big"Y" y Panera Bakery.
Apoyo ESCOLAR / C.R.A. (antes: CHINS)	Semanalmente: 9:00am a 5:00pm / Contacto: Jackie Dawkins
Licenciada: Salud Mental & Compañera Familiar:	Semanalmente: 9:00am-5:00pm Contacto: Tammy Scrusse
Asistencia: en búsqueda de Apartamento y Casa:	Diariamente: 9:00am-5:00pm / (Asistencia con la Especialista de Recursos Familiares)
Busqueda de Empleo y Tacticas de Resume:	Diariamente: 9:00am-5:00pm Contacto: Carmen Lopez
Servicios de Notaria Publica (Basico):	Jueves: 10:00am-12:00pm
Padres en Casa con Hijos en Casa Program	Visitas al hogar para niños desde 18meses a 3 años / (Se requiere Previa Registracion.)

Horario de Tardes: Grupos de Apoyo, Tutorías e Entrenamientos.

Grupo de Alianzas y Apoyo para "L.G.B.T.S."	Se anunciara "PRONTO"... 5:30pm to 7:30pm (Registracion requerida previamente)
Grupos de Apoyo para Abuelos criando Niños:	Ultimo MARTES de cada <u>Mes</u> : 5:pm to 7:pm
Tutorias de Ingles como Segundo Idioma (E.S.L.)	VIERNES 5:00pm a 8:00pm (Requiere Previa Registracion)
Programa: "Fortaleciendo a la Familia"	Se anunciara "PRONTO"... (Se requiere que este <u>Previamente Registrado</u>)
Programa "PADRES" Nutriendo a la Familia	"PRONTO" en <u>Febrero/2019</u> (Se requiere Registracion) 14 semanas de tutorias solamente!
Clases de Destrezas de Padres/Encargados	MIERCOLES: 5:00pm a 6:00pm (Se requiere Registracion) por: Sra: Austin
Grupo de Manejamiento de IRA y/o FURIA:	Grp: Jovenes (JUEVES 4:pm a 5:pm) & Grp: Adultos (MIERCOLES: 4:pm a 5:pm)
Actividades de ARTE para JOVENES:	2ndo & 4to SABADO de cada mes de 10:00am a 2:00pm.

Nuestro personal capacitado ayudará a nuestros clients, individuos participantes y encargados de niños con información sobre: Beneficios financieros, Información Educativa para todas las edades, Tecnicas de Seguridad, asistencia para Vivienda, Empleo, Educación Continua, Salud Fisica/Mental, opciones para Day-Care 's.

Proveemos programas de Base-de-Evidencia Constructivas, Grupos de Apoyo, Actividades para Jovenes, Clases de Tutorias, ect. Ofrecemos Referidos para vincular y canalizar a las familias e individuos con otras agencias organismos y servicios en el condado de Hampden. Se requiere una breve registracion con el programa para servicios.

Horario de Oficina:

Lunes a Viernes: 9:am a 12pm (cerrado para almuerzo) y de 1:00pm a 5:00pm.

F.R.C. abre su oficina cada 2do y 4to SABADO de cada mes de 10:am a 2:pm, solamente.

Favor de visitar nuestra pagina de web en FACE-Book para obtener mas informacion y para ver detalladamente



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