




2025

SPRINGFIELD FRC 1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|--|--|
| |  | 1. Grandparent's Group 10:00am – 11:00am Youth Coping Skills Enrolling ESL Classes 5PM – 8PM | 2. COFFEE HOUR TBD 10:00 am – 12:00pm ESL Classes 5PM – 8PM | 3. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 4. Recruiting Active Parenting First Five Years and Virtual Nurturing Father's | 5. Youth Support Group 10am-2pm |
| 6. | 7. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 8. Grandparent's Group 10:00am – 11:00am Youth Coping Skills Enrolling ESL Classes 5PM – 8PM | 9.. COFFEE HOUR TBD 10:00 am – 12:00pm ESL Classes 5PM – 8PM | 10. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 11. Recruiting Active Parenting First Five Years and Virtual Nurturing Father's | 12. |
| 13. | 14. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 15. Grandparent's Group 10:00am – 11:00am Youth Coping Skills Enrolling ESL Classes 5PM – 8PM | 16. COFFEE HOUR TBD 10:00 am – 12:00pm ESL Classes 5PM – 8PM | 17. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 18. Closed in Observation Of Good Friday | 19. Youth Support Group 10am-2pm |
| 20. | 21. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 22. Grandparent's Group 10:00am – 11:00am Youth Coping Skills Enrolling ESL Classes 5PM – 8PM | 23. COFFEE HOUR TBD 10:00am – 12:00pm ESL Classes 5PM – 8PM | 24. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 25.. Recruiting Active Parenting First Five Years and Virtual Nurturing Father's | 26. |
| 27. | 28. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 29. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. | 30 COFFEE HOUR TBD 10:00am – 12:00pm ESL Classes 5PM – 8PM. | | | |

ALL PROGRAMS ARE FREE!!!!!!!!!!!! * On Going Recruitment for Evidence Groups

We are open Monday-Friday from 9am-5pm

Evening Hours MON, TUES, WED. 5 – 8:30PM

Second and fourth **Saturdays** of the month, 10am to 2pm

PROGRAMMING!!!

***Nurturing Father's Group:** Mondays 5:30-7:30pm, 13 Sessions
An Evidence based program that brings together men from all family circumstances who need help with understanding how to be nurturing and supportive. Recruiting for in person English & Virtual Spanish Groups.

***Grandparents Support Group:** Tuesdays 10am to 11am.

***SFRC Playgroups:** Tuesdays 11am to 12pm.

***Youth Social Emotional Group:** Thursdays 4:00-6:00pm Classes supporting youth in identifying anger triggers and learning positive and prosocial coping skills to manage their anger.

***Parenting Journey Group:** Thursdays 5:00-7:30 pm, 12 Sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strengths to support their children and build nurturing family relationships.

***Active Parenting Birth to Five & Teens: Recruiting for March 2025 Series**

***ESL Classes:** Tuesdays & Wednesdays 5pm to 8pm.

Virtual & In-Person Youth Support Group: 2nd & 4th Saturdays of each month.



**Take Our Satisfaction Survey
let Us know How we are doing**

**FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES
PLEASE CALL: (413)733-7699 SFRC EMAIL: sfrcinfo@gandaracenter.org**



Check out our Instagram ☺

Supporting Families



Springfield Family Resouce Center



Find a FRC

near you at www.frcma.org

