





SPRINGFIELD FRC 1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601 August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	Nurturing Father's 6-8pm	5. Grandparent's Group 10:00 – 11:00am	6. Coffee Hour 10:00-12:00PM TBD	7. Parenting Journey 1 5-8PM	8. Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	9. Youth Support Group10am-2pm
10.	11. Nurturing Father's 6-8pm	Grandparent's Group 10:00-11:00am	13. No COFFEE HOUR 10:00 am – 12:00pm TBD	Parenting Journey 1 5-8PM	15. Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	16.
17.	Back to School Event 11am -3pm 1095 Main Street	19. Grandparent's Group 10:00 – 11:00am	20. COFFEE HOUR 10:00 am – 12:00pm TBD	Parenting Journey 1 5-8PM	Recruiting for Active Parenting 0-5 in Spanish & Active Parenting of Teens in English	Youth Support Group10am-2pm
24/31	25. Nurturing Father's for 6-8pm	26. Grandparent's Group 10:00 – 11:00am	COFFEE HOUR 10:00 am -12:00 pm TBD	Parenting Journey 1 5-8PM	29.	30.

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

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

Evening Hours: Tues, Wed & Thursday 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.



^{*}SFRC Playgroups: Tuesdays 11am to 12pm.

4:30 / Healthy Emothions 4:30-6:30pm Classes supporting youth in identifying anger triggers and learning positive and prosocial coping skills to manage their emotions.

*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 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

Supporting Families

Springfield Family Resouce Center





Find a FRC near you at www.frcma.org

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^{*}Youth Social Emotional Group: Thursdays After school 3:30-