



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 Recruitment for Fall ESL Level 1 Playgroups 5:00-7:00pm	5 Parents Support Group 10:00-12:00PM	6 Recruiting My Journey (TEENS) Group 4:30pm-6:30pm	7 Community Outreach 1:00pm – 4:00pm	8 Youth Support Group 10:00-2:00pm
9	10 Grandparents Support Group At the Raymond A. Jordan Senior Center 12:30 – 2:30pm	11 Recruitment for Fall ESL Level 1 (TESTING) Playgroups 5:00-7:00pm	12 Parents Support Group 10:00-12:00PM ESL Level 1 (TESTING) 5:00- 7:00pm	13 Recruiting My Journey (TEENS) Group 4:30pm-6:30pm	14  11:00am – 3:00pm	15
16	17	18 Recruitment for Fall ESL Level 1 Playgroups 5:00-7:00pm	19 Parents Support Group My Ombudsman (MassHealth) 10:00-12:00pm	20 Recruiting My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey Group 5:00pm – 7:30pm	21 Community Outreach 1:00pm – 4:00pm	22 Youth Support Group 10:00-12:00pm My Ombudsman (MassHealth) 10:00-12:00pm
23	24 Grandparents Support Group At the Raymond A. Jordan Senior Center 12:30 – 2:30pm	25 Recruitment for Fall ESL Level 1 Playgroups 5:00-7:00pm	26 Parents Support Group 10:00-12:00pm	27 Recruiting My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey Group 5:00pm – 7:30pm	28 Recruiting Nurturing Fathers Group 5:00pm-7:30pm	29
30	31					

ALL PROGRAMS ARE FREE!!!!!!!!!!!!!! On Going Recruitment for Evidence-Based Groups

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

Evening Hours: Tuesdays, Thursdays & Fridays 5 – 7:00PM

Second and Fourth Saturdays of the month from 10am to 2pm

PROGRAMMING!!!

Nurturing Father's Group: Fridays 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: 2nd & 4th Mondays 12:30-2:30pm

SFRC Playgroups: Tuesdays 5-7pm.

My Journey (TEENS) Group: Thursdays 4:30-6:30 pm 12 Sessions an evidence-based group designed to support youth in identifying their strengths, encourage self-care and learn positive and prosocial coping skills to manage their emotions.

Parenting Journey Group: Thursdays 5:00-7:30 pm, 10 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: Fridays 10:00am – 12:00pm. **Recruiting** for ongoing groups.

ESL Classes: Tuesdays 5pm to 7pm.

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**



