



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

2025

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

ALL PROGRAMS ARE FREE!!!!!!!!!!!!

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.

Grandparents Support Group: Tuesdays 10am to 11am.

SFRC Playgroups: Tuesdays 11am to 12pm.

Youth Anger Management 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: TBD

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

