



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

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Recruiting for Healthy Emotions Youth Group 4:30pm-6:30pm	2. Information Intake & Referrals 9am – 5pm	3 CLOSED
4 Information Intake & Referrals 9am – 5pm	5 ESL Level 1 Playgroups 5-7 pm	6 ESL Level 1 Playgroups 5-7 pm	7 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	8 Recruiting for Healthy Emotions Youth Group 4:30pm-6:30pm	9 Information Intake & Referrals 9am – 5pm	10 Youth Support Group 10:00-2:00pm We are here to help you. 10am - 12 pm
11 Information Intake & Referrals 9am – 5pm	12 ESL Level 1 Playgroups 5-7 pm	13 ESL Level 1 Playgroups 5-7 pm	14 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	15 Recruiting for Healthy Emotions Youth Group 4:30pm-6:30pm	16 Information Intake & Referrals 9am – 5pm	17 CLOSED
18 Closed in Observation of Martin Luther King Jr.	19 ESL Level 1 Playgroups 5-7 pm	20 ESL Level 1 Playgroups 5-7 pm	21 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	22 Recruiting for Healthy Emotions Youth Group 4:30pm-6:30pm	23 Information Intake & Referrals 9am – 5pm	24 Youth Support Group 10:00-2:00pm
25 Information Intake & Referrals 9am – 5pm	26 ESL Level 1 Playgroups 5-7 pm	27 ESL Level 1 Playgroups 5-7 pm	28 Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 – 11:00am ESL Level 2 5-7 PM	29 Recruiting for Healthy Emotions Youth Group 4:30pm-6:30pm	30	31
				NEW YEARS EVE		

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 – 7:00PM

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

PROGRAMMING!!!

***Nurturing Father's Group:** Mondays 5:00-7:30pm, 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:** Wednesday 10am to 11am.

***SFRC Playgroups:** Tuesdays 5-7pm.

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

4:30 / [Healthy Emotions](#) 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 5:00-7:00 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 Nov. 6 -Dec. 4th, 2025 Series**

***ESL Classes:** Tuesdays & Wednesdays 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 Resource Center



Find a FRC

near you at www.frcma.org

