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SPRINGFIELD FRC		1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601 November 2025				ember 2025
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3.	4. ESL Level 1 & Playgroups 5-7 pm	Coffee Hour 10:00-12:00PM Grandparent's Group 10:00 - 11:00am Recruiting Healthy Emotions Youth Group 4:30-6:30pm. ESL Level 2 5-7pm	6. Active Parenting of Teens in English Begins 11am-1:30pm Healthy Emothions 4:30-6:30pm	7. Parenting 0-5 in Spanish 10am -12 Pm Graduation	8. Youth Support Group 10am-2pm
9.	10.	SFRC will be Closed in Observation of Veteran's Day & Election Day	Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Recruiting for Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 5-7pm	13. Active Parenting of Teens in English 11am-1:30pm Healthy Emothions 4:30-6:30pm	14	15.
16.	17.	My Ombudsman Need help with your Mass Health benefits? We are here to help you. ESL Level 1 & Playgroups 5-7 pm 1095 Main Street Clothing Giveaway 3-5pm	Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 5-7pm Clothing Giveaway 3-5pm	Active Parenting of Teens in English 11am-1:30pm Healthy Emothions 4:30-6:30pm	21.	My Ombudsman Need help with your Mass Health benefits? We are here to help you. 10am - 12 pm 1095 Main Street
23/30	24.	25. ESL Level 1 & Playgroups 5-7 pm	Coffee Hour 10:00 am - 12:00pm Grandparent's Group 10:00 - 11:00am Healthy Emotions Youth Group 4:30-6:30pm ESL Level 2 5-7pm	27. SFRC will be Closed in Observation of the Holiday Happy Thanksgiving	28. SFRC will be Closed in Observation of Thanksgiving Holiday Black Friday	29.

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.



^{*}SFRC Playgroups: Tuesdays 5-7pm.

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 5:00-7:00 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

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





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