



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

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Closed in Observation Of Labor Day	2. Grandparent's Group 10:00 – 11:00am	3. Coffee Hour 10:00-12:00PM TBD Healthy Emotions Youth Group 2-4pm	4. Recruiting for Active Parenting of Teens in English	5. Recruiting for Active Parenting 0-5 in Spanish	6.
7.	8. Recruiting for Nurturing Father's 6-8pm	9. Grandparent's Group 10:00 – 11:00am	10. Coffee Hour 10:00-12:00PM TBD Healthy Emotions Youth Group 2-4pm.	11. Recruiting for Active Active Parenting of Teens in English	12. Recruiting for Active Parenting 0-5 in Spanish	13. Youth Support Group 10am-2pm
14.	15. Recruiting for Nurturing Father's 6-8pm	16. Grandparent's Group 10:00-11:00am	17. Coffee Hour 10:00 am – 12:00pm TBD Healthy Emotions Youth Group 2-4pm	18. Active Parenting of Teens in English	19. Recruiting for Active Parenting 0-5 in Spanish	20.
21.	22. Recruiting for Nurturing Father's 6-8pm	23. Grandparent's Group 10:00 – 11:00am	24. Coffee Hour 10:00 am – 12:00pm TBD Healthy Emotions Youth Group 2-4pm	25. Active Parenting of Teens in English	26. Recruiting for Active Parenting 0-5 in Spanish	27. Youth Support Group 10am-2pm
28.	29. Recruiting for Nurturing Father's for 6-8pm	30. Grandparent's Group 10:00 – 11:00am				

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.

***Grandparents Support Group:** Tuesdays 10am to 11am.

***SFRC Playgroups:** Tuesdays 11am to 12pm.

***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 5:00-7:30 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



Check out our Instagram ☺

Supporting Families



Springfield Family Resource Center



**Find a FRC
near you at www.frcma.org**

