



SPRINGFIELD FRC 1095 Main Street Springfield Ma. Phone: (413)733-7699 Fax: (413)301-6601 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 24, 2026 First Day of School Grades 1-12	1. ESL Class Begins 5-8PM Playgroups Movie Night 5:00-7:00pm	2. First Day of Kindergarten Parents Support Group MHLAC Special Education School Discipline 10:00-12:00PM 5:00- 7:00pm Evening Time	3. My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey Begins 5-7:30pm	4. Recruiting Nurturing Fathers Group 5:00pm-7:30pm	5.
6.	7. SFRC is closed in Observation of Labor Day	8. ESL class 5-8PM Playgroups Movie Night 5:00-7:00pm	9. Parents Support Group MHLAC Special Education BULLING 10:00-12:00PM Open is Evening Time 5:00- 7:00pm	10 My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey 5-7:30pm	11. Recruiting Nurturing Fathers Group 5:00pm-7:30pm	12. Youth Support Group 10:00-2:00pm
13	14. First Day of School for Pre-School Grandparents Support Group At the Raymond A. Jordan Senior Center 12:30 – 2:30pm	15. ESL Class 5-8PM Playgroups Movie Night 5:00-7:00pm	16. Parents Support Group 10:00-12:00PM MFLA Special Education 5:00- 7:00pm	17. My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey Begins 5-7:30pm	18. Recruiting Nurturing Fathers Group 5:00pm-7:30pm	19.
20.	21. SFRC IS Open 5 Days a week from 9-5 & 3 evenings from 5-7 pm to help Support Families in need of individual support, Information and referral ☺	22. My Ombudsman (MassHealth) ESL Class 5-8PM Playgroups Movie Night 5:00-7:00pm	23. Parents Support Group 10-12 pm MHLAC Special Education 101 Part 1 Evening Time 5:00- 7:00pm	24 My Journey (TEENS) Group 4:30pm-6:30pm Parenting Journey Group 5:00pm – 7:30pm	25 Recruiting Nurturing Fathers Group 5:00pm-7:30pm	26 Youth Support Group 10:00-12:00pm
27	28 Grandparents Support Group At the Raymond A. Jordan Senior Center 12:30 – 2:30pm	29 ESL Class 5-8PM Playgroups Movie Night 5:00-7:00pm	30 Parents Support Group MHLAC Special Education 101 Part 2 10:00-12 FRC is Open Evening Time 5:00- 7:00pm			

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

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

Evening Hours: Tuesdays, Wednesdays & Thursdays 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 Being held at 1476 Roosevelt Ave. Spfld. Ma. 01109

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 Level One Classes: Tuesdays 5pm to 8pm.

Virtual & In-Person Youth Support Group: 2nd & 4th Saturdays of each month.

FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES PLEASE CALL (413)733-7699

SFRC EMAIL: sfrcinfo@gandaracenter.org



Take Our Satisfaction Survey
let Us know How we are doing

Supporting Families

Springfield Family Resource Center



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near you at www.frcma.org



