

August 2026

Gándara Center
Culturally Sensitive Care

**Family
Resource Centers**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 Donuts With Dad 10am-1pm
2	3 Grg Support Group 5pm-6:30pm	4 Recovery Dharma 5pm-6pm	5 Family Fun Night 5pm-6:30pm	6 Teen Group 3pm-4:30pm	7	8
9	10	11 HCC Office Hour 3pm-4:30pm Recovery Dharma 5pm-6pm	12 Back To School Event 3:30pm-6:30pm 	13 Teen Group 3pm-4:30pm	14 Kids Art Work Shop 10am-11am	15 Open 10am-1pm
16	17 Grg Support Group 5pm-6:30pm	18 Recovery Dharma 5pm-6pm	19 Family Fun Night 5pm-6:30pm	20 Teen Group 3pm-4:30pm	21	22
23	24	25 Recovery Dharma 5pm-6pm	26 Family Fun Night 5pm-6:30pm	27 Teen Group 3pm-4:30pm	28	29
30	31					

Evidence-Based Parenting Groups

Parenting Journey In Recovery:

A 12-week strength-based parenting course that focuses on supportive parenting for caregivers in recovery. This course dives into strengthening parent-child relationship, building confidence, and family stability. You will join other parents in a calm, safe place to foster well-being and to navigate steps in their journey.

Nurturing Families In Recovery Treatment:

A 12-week strength-based supportive parenting course designed to focus on the impact of addiction on parenting, fostering connections between parents and child.

Join other parents in a supportive, confidential space to learn new skills and enhance well being in recovery.

Active Parenting 0-5:

This is a four-week evidence-based curriculum designed to empower parents with education on the first five years of their child's life, and development. Classes are offered in person or virtually, in a 4-week, once-a-week format.

Active Parenting Of Teens:

A 6-week course, specifically focused on parents and caregivers of 13-18-year-old children. The course focuses the skills and techniques needed.

Hours:

Monday-Wednesday:

9am-7pm

Thursday: 9am-5pm

Friday: 9am-4pm

First Saturday Of The Month:

10am-1pm

Third Saturday Of The Month:

10am-1pm

Address:

 **16 George St.
Westfield MA 01085**

Phone Number:

 **413-417-2020**

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Peer Support Groups

Grandparents Raising Grandchildren:

A supportive group for grandparents and kinship caregivers raising grandchildren. Share experiences, build connections, and learn practical strategies to support children while caring for your self.

Teens Support Group:

Rooted & Rising is a support group for youth ages 14-17. This is a weekly safe space for youth to build community, learn methods of self care, connect and create.

Recovery Dharma:

A peer-led group that uses the practices of meditation, self-inquiry, wisdom, compassion and community as tools for recovery healing.

Family Fun Night

Between school drop off, extra curricular activities, work and other commitments life can get hectic. Join us at family fun night and leave the Cooking and family focused activities to us!



Village Closet Trips

August 11, 2026

12:30pm-2:30pm

August 25, 2026

12:30pm-2:30pm

BY APPOINTMENT ONLY !!