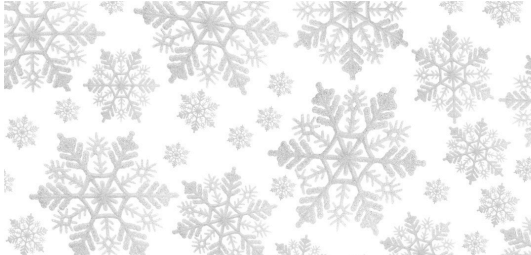




MONDAY 9AM-6PM	TUESDAY 9AM-6PM	WEDNESDAY 9AM-4PM	THURSDAY 9AM-6PM	FRIDAY 9AM-3 PM	SATURDAY 9AM-12PM
		CLOSED 1	Windows & Mirrors Playgroup 10-11 2	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 Grandparents Raising Grandchildren 12-1 3	FC SATURDAY Open Playroom 9:30-11:30 4
6	Play & Learn 10 -11 Nurturing Fathers 6-8 7	Drop-In Support By appointment 9-12 8	Windows & Mirrors Playgroup 10-11 9	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 10	CLOSED 11
New Year, New Visions Teen & Tween Workshop 4:30-6 13	Play & Learn 10 -11 Family Lunch 11:45-12:15 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8 14	Drop-In Support By appointment 9-12 15	Windows & Mirrors Playgroup 10-11 16	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 Grandparents Raising Grandchildren 12-1 17	FC SATURDAY Open Playroom 9:30-11:30 18
AGENCY CLOSED 20	Play & Learn 10 -11 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8 21	Drop-In Support By appointment 9-12 22	Windows & Mirrors Playgroup 10-11 23	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 24	CLOSED 25
27	Play & Learn 10 -11 Potty Training Workshop 10 -11:30 MultiFamily DBT 4:30-6 Nurturing Fathers 6-8 28	Drop-In Support By appointment 9-12 29	Windows & Mirrors Playgroup 10-11 30	New Baby, New Feelings 10-11 Tea & Toddler Caregivers Club 11:30-12:30 31	

Call to make an appointment for individual support.

DROP-IN SUPPORT HOURS

Monday 10-1
Tuesday 10-1
Thursday 10-1
Friday 10-1
Saturday 1st & 3rd
9:30-11:30



**NEW YEAR,
NEW VISIONS**

FREE TEEN AND TWEEN VISION BOARD WORKSHOP

Monday, January 13th 4:30-6pm
Youth 12-18 Welcome!
All Supplies Provided

JOIN US IN WELCOMING THE NEW YEAR
WITH CHILL VIBES, SNACKS AND
A VISION BOARD CRAFT

ONGOING PROGRAMMING

WHOLE FAMILY ACTIVITIES

FAMILY LUNCH - Join us every 2nd Tuesday for an interactive prepared meal and the opportunity to socialize with other Family Center families.

FAMILY PAJAMA PARTY & TWEEN MAKERSPACE- A night for the whole family! Story time literacy event for children ages 0-8 years old and their caregivers. Tween craft and game space for youth 8+. No registration required. Dinner provided. Every other month on the 3rd Thursday 4:30-5:30

FC SATURDAYS - 2nd & 4th Saturday Drop in for individual family support or have fun in the open playroom.

STOP & PLAY - Reserve & enjoy exclusive access to the Family Center playroom. A time for caregivers, their child and up to 6 siblings or buddies to explore, play & read.

PLAYGROUPS

Weekly free Parent/Child playgroups from infancy through age 6. Come play, practice skills, read stories, and make new friends!
** Snack Provided ** No pre-registration required.**

Play & Learn - Tuesdays 10-11AM
NEW! Windows & Mirrors - Thursdays 10-11AM

SUPPORT GROUPS

Light Snacks & Childcare provided. Transportation support available

New Baby, New Feelings - Weekly Fridays 10-11AM
Social/support group for moms with babies ages 0-16 months.

Tea & Toddler Club - Weekly Fridays 11:30-12:30PM
Weekly support group for parents & caregivers with toddlers age 16 mos-5yrs.

Grandparents Raising Grandchildren - 1st and 3rd Friday 12-1PM
Let us create connections that allow us to share the joy, challenges, and uncertainties that come with being a grandparent.

Our Grandparents group meets in a casual, nonjudgmental space offering support to grandparents who are helping and/or raising grandchildren. Grandparents have the opportunity to meet other grandparents, develop a network of support, and receive information about services available.

EVIDENCE-BASED CAREGIVER EDUCATION

We offer a variety of parent & caregiver strength-based programs. All programs are voluntary and free to enroll. Registration and intakes are required. Waitlists are ongoing!

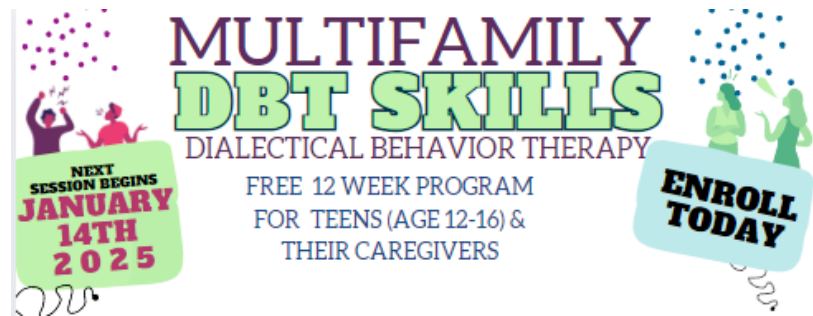
Active Parenting First Five Years ♦ Active Parenting of Teens ♦
Nurturing Fathers ♦ Parenting Journey I & II ♦ My Journey
Multi-Family DBT (Dialectical Behavior Therapy) ♦ Keeping Kids Safe

PARENT ADVISORY

Interested in helping Your input is important to us. Help shape our programs and services. Join us once a quarter for updates and to share thoughts, ideas and feedback around current programming, workshops and brainstorm other ways we can support families.



NURTURING FATHERS
EVERY CHILD DESERVES A NURTURING FATHER
ENROLL TODAY!
NEXT SESSION BEGINS JANUARY 7 2025
TUESDAY EVENINGS 6PM-8PM



MULTIFAMILY DBT SKILLS
DIALECTICAL BEHAVIOR THERAPY
FREE 12 WEEK PROGRAM FOR TEENS (AGE 12-16) & THEIR CAREGIVERS
ENROLL TODAY
NEXT SESSION BEGINS JANUARY 14TH 2025

DIAPER DISTRIBUTION



In need of diapers?
We've got you covered once a month.

Free & Intake required.

Monday-Friday during our open hours.

COMMUNITY CLOSET



In need of clothes?
Shop in our free community closet.

Free & Intake required.

Call to schedule a shopping 413.475.1555

WANT TO KNOW MORE ABOUT YOUR CHILD'S DEVELOPMENT?

Use the online to learn more about how they are growing and learning!



SCAN ME 