

ALL PROGRAMS FREE FOR FAMILIES

APRIL 2024

The FRC is open
Mon-Fri,
9 am-5 pm for drop-in.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-2 Adult Art Hour 3-5 HW Help Drop-In 1	1-3 Self-Care (In-Person) 5-5:45 Relaxation Tuesdays 2	11:30-12 Mindfulness 3-5 HW Help Drop-In 5-6 After Hours Appts 3	6-7:30 Nurturing Fathers 4	9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1 5	10-11:30 Parents' Autism Support 10-12 Spring Craft 6
7	3-5 HW Help Drop-In 5:45-7:15 Chess Club 5:45-7 Book Club 8	1-3 Self-Care (Virtual) 5-5:45 Relaxation Tuesdays 9	11:30-12 Mindfulness 1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In 5-6 After Hours Appts 10	6-7:30 Nurturing Fathers 11	9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1 12	13
14	CLOSED 15	1-3 Self-Care (In-Person) tbd Teen Movie Outing 16	11:30-12 Mindfulness 12-2:15 Movie 4:30-5:30 Teen Life Skills 5-6 After Hours Appts 17	1 Interskate 91 6-7:30 Nurturing Fathers 18	9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1 19	20
21	1-2 Adult Art Hour 3-5 HW Help Drop-In 5:45-7:15 Chess Club 5:45-7 Book Club 22	1-3 Self-Care (Virtual) 5-5:45 Relaxation Tuesdays 23	11:30-12 Mindfulness 1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In 5-6:15 IEP Event 24	6-7:30 Nurturing Fathers 25	9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1 4-5:30 Teen Leadership Club 26	8-12:30* Visions of Community Conference *FRC onsite for select hrs 27
28	3-5 HW Help Drop-In 29	1-3 Self-Care (In-Person) 5-5:45 Relaxation Tuesdays 30	Contact us at: (413) 549-0297 to register for groups or request more information			

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Homework Help Drop-In — Jayne

Stop by for help with school work, or set up an appointment for a 30 min *online* session.

Mondays & Wednesdays, 3–5pm

Parents Autism Support — Vivian&John (contact Alexiz)

Support group for parents and caregivers of children with Level 1 autism. Virtual.

Saturday 4/6, 10–11:30am

Baby Playtime & Support Circle — Alexiz

Ages 0-1 & their caregivers, come experience our playroom and connect with others!

Fridays, 9:30–11am

After Hours Appts — Jayne

Schedule some time with our Family Support Worker and School Liaison later in the evening when it fits best into your schedule.

Wednesdays, 5-6pm

Grandparents Raising Grandchildren — Anne

Support for grandparents providing primary care. Virtual.

2nd & 4th Wednesdays, 1–2pm

Parent/Caregiver Self Care — Anne

Practice self-care in community. Alternating virtual & in-person.

Tuesdays, 1–3pm



Amherst Family Resource Center
101 University Drive, Suite A3, Amherst, MA
413.549.0297

ARTS & CULTURE

Adult Art Hour — Sarah

Starting a new project this month! It will take 2 sessions to complete. Call to sign-up. No experience needed.

Monday 4/1 & 4/22, 1–2pm

Chess Club — Matt (contact Jennifer)

Learn to play, practice strategies, and exercise your brain! Ages 10+. Dinner starting at 5:15pm.

Monday 4/8 & 4/22, 5:45–7:15pm

Book Club — Sarah

For busy adults who want to read more. Must register.

Monday 4/8 & 4/22, 5:45–7pm

Relaxation Tuesdays — Alexiz

New relaxation activities for the whole family to help kids get their energy out and wind down for bedtime. Dinner provided.

Tuesdays, 5-5:45pm

Mindfulness Meditation — Alexiz

Listen to guided meditations together over Zoom. Drop in <https://us06web.zoom.us/j/87355927634>.

Wednesdays, 11:30–12pm

EDUCATION

Nurturing Fathers — David (contact Alexiz)

A 13-week, evidence-based parenting group for fathers, led by a father. Meets online via Teams.

Thursdays, 6–7:30

Financial Literacy — Jennifer

We're partnering with the Greenfield Savings Bank to offer educational sessions for adults on all things banking. Lunch provided.

Wednesday 4/10 & 4/24, 1–2pm

IEP Event — Jayne

Training for parents to understand their rights according to The Parental Safeguards letter. Understand your student's IEP. Dinner and childcare provided.

Wednesday 4/24, 5-6:15pm

NEW GROUPS

Parenting Journey 1 — Jayne & Lisa

This 13-week, strengths-based group for parents/caregivers continues this month for participants. Virtual.

Fridays, 12:30-2:30pm

THIS MONTH

Spring Craft — Eden & Anne

Join us in the center for a spring craft perfect for kids and adults. Enjoy a spread of breakfast pastries.

Saturday 4/6, 10-12pm

Teen Movie Outing — Alexiz

For teens, we will be taking a field trip to see a movie at our local theater! Details tbd. Spots limited.

Tuesday 4/16

Movie In-Center — Alexiz

Join us for a movie at the center with pizza and popcorn. Call for the movie title. The movie starts promptly at 12.

Wednesday 4/17, 12-2:15pm

Teen Life Skills Series: Resume Building — Alexiz

MassHire will be here to help work on your resume. Pizza provided. Sponsored by the Teen Leadership Club.

Wednesday 4/17, 4:30-5:30pm

Interskate 91 — Alexiz

Come skate at the mall and enjoy pizza! Spots limited. Call to register.

Thursday 4/18, 1pm

Teen Leadership Club — Sarah

This teen-led group will choose projects to support our community and lead the outreach efforts.

Friday 4/26, 4-5:30pm

Visions of Community Conference — Jen & Jayne

Looking for support with children with disabilities or complex support needs? Find us at the UMass Campus Center where we will be hosting a booth.

Saturday 4/27, 8am-12:30pm (the FRC will not be in attendance the whole day)

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