

ALL PROGRAMS FREE FOR FAMILIES



MAY 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Contact us at: (413) 549-0297 to register for groups or request more information</p>			<p>3-5 HW Help Drop-In 5-6 After Hours Apts</p> <p style="text-align: right;">1</p>	<p>6-7:30 Nurturing Fathers</p> <p style="text-align: right;">2</p>	<p>9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1</p> <p style="text-align: right;">3</p>	<p>10-11:30 Parents' Autism Support 9-3 Wellness Fair (off-site)</p> <p style="text-align: right;">4</p>
<p style="text-align: right;">5</p>	<p>1-2 Adult Art Hour</p> <p style="text-align: right;">6</p>	<p>1-3 Self-Care (Virtual) 5-5:45 Relaxation Tuesdays</p> <p style="text-align: right;">7</p>	<p>1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In 4:30-5:30 Teen Life Skills: Cooking Class</p> <p style="text-align: right;">8</p>	<p>6-7:30 Nurturing Fathers</p> <p style="text-align: right;">9</p>	<p>9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1</p> <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>
<p style="text-align: right;">12</p>	<p>5:30-6:45 Chess Club 5:30-6:45 Book Club</p> <p style="text-align: right;">13</p>	<p>1-3 Self-Care (In-Person) 5-5:45 Relaxation Tuesdays</p> <p style="text-align: right;">14</p>	<p>3-5 HW Help Drop-In 5-6 After Hours Apts</p> <p style="text-align: right;">15</p>	<p>6-7:30 Nurturing Fathers</p> <p style="text-align: right;">16</p>	<p>9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1</p> <p style="text-align: right;">17</p>	<p>9-12 Community Baby Shower (off-site)</p> <p style="text-align: right;">18</p>
<p style="text-align: right;">19</p>	<p>1-2 Adult Art Hour</p> <p style="text-align: right;">20</p>	<p>1-3 Self-Care (Virtual) 5-5:45 Relaxation Tuesdays</p> <p style="text-align: right;">21</p>	<p>1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In</p> <p style="text-align: right;">22</p>	<p>6-7:30 Nurturing Fathers</p> <p style="text-align: right;">23</p>	<p>9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>
<p style="text-align: right;">26</p>	<p>CLOSED</p> <p style="text-align: right;">27</p>	<p>1-3 Self-Care (In-Person) 5-5:45 Relaxation Tuesdays</p> <p style="text-align: right;">28</p>	<p>5-6:15 IEP Event</p> <p style="text-align: right;">29</p>	<p>6-7:30 Nurturing Fathers</p> <p style="text-align: right;">30</p>	<p>9:30-11 Baby Playtime 12:30-2:30 Parenting Journey 1 4-5:30 Teen Leadership Club</p> <p style="text-align: right;">31</p>	

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.

Wednesdays, 3–5pm

Parents Autism Support — Vivian&John (contact Alexiz)

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

Saturday 5/4, 10–11:30am

Baby Playtime & Support Circle — Alexiz

Ages 0-3 & 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 — Alexiz

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

Monday 5/6 & 5/20, 1–2pm

Chess Club — Matt (contact Jennifer)

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

Monday 5/13, 5:30–6:45pm

Book Club — Jennifer

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

Monday 5/13, 5:30–6:45pm

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

EDUCATION

Nurturing Fathers — David (contact Alex)

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 5/8 & 5/22, 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 5/29, 5-6:15pm

NEW GROUPS

Parenting Journey 1 — Jayne & Lisa

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

Fridays, 12:30-2:30pm

THIS MONTH

3rd Annual Umbrella of Wellness Fair — Anne & Jayne

Join us at Chestnut Hill Community School in Belchertown for some wellness learning and fun!

Saturday 5/4, 10-4pm

Teen Life Skills Series: Cooking Class — Alexiz

Our very own Anne will be leading the teens in how to cook. Meal TBD.

Wednesday 5/8, 4:30-5:30pm

Community Baby Shower — Jen & Alex

Having a baby or know someone who is? Come see us at Jackson Street School in Northampton for a community baby shower! There will be all sort of baby and me items.

Saturday 5/18, 9:30-12:30pm

Teen Leadership Club — Alexiz

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

Friday 5/31, 4-5:30pm

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