Programs are FREE for ALL families and their children!

101 University Drive
Suite A3
Amherst, MA 01002
413-549-0297

Bus line 33, B43, or free online parking.

The Bridge
Family Resource Center

Clinical & Support Options
CS
Enhancing Lives. Strengthening Communities.

March 2018

MARCH SATURDAYS

Saturday, March 3rd
Drop-In Hours:
9:00 - 12:00

Support Group for Parents and Caregivers of Children with High Functioning Autism:
10 - 11:30am

Saturday, March 17th
Drop-In Hours:
9:00 - 12:00

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-In: 9 - 5 ***Homework Help 3-5pm***	**Drop-In: 11 - 3**	**Drop-In: 9 - 4** ***Homework Help 3-5pm***	**Drop-In: 11 - 3**	**Drop-In: 9 - 5**
	Creative Crafts for Kids 4 - 5pm ***(Meets Weekly)***	**The Support Network** 11:30am - 1pm ***March 14th***		**Knitting/Crocheting Circle for Caregivers** 1 - 2pm ***(Meets Weekly)***
Grandparents Raising Grandchildren 4 - 5:30pm ***March 26th (Meets Monthly)***	***Teens In Action** 5:30 - 7:30pm ***Group in progress - Registration is Closed***		**Board Games** 4 - 5pm ***(Meets Weekly)***	**Family Movie Nights** 4 - 5:30pm ***March 2nd, 9th, 16th, 23rd***
	Parents' Spring-time Craft Night **5:30 - 6:30pm** ***May 20th***	**Lunch and Learn** ***"Picky Eaters, Healthy Eaters"*** 12 - 1pm ***March 28th***	***Parenting Journey** 5:30 - 7:30pm ***(New Group starts March 8. Regis. open until March 15th)***	**Teen Movie Night** 2 - 4pm ***March 30th***
Safe Passages Support Group In English 5 - 6pm ***(Meets Weekly)***	**Parents' Game Night** **5:30 - 6:30pm** ***March 27th***	**Young Parent Scrapbooking** 4 - 6pm ***March 28th (Meets Monthly)***		Need help finding re-sources? Meet with a Family Support Work-er! **Call for an appointment or drop-in.**
***Groups with an asterisk require pre-registration**		**Grupo de Apoyo Safe Passage en Español** 5 - 6pm ***(Meets Weekly)***	***Nurturing Fathers** 6 - 7:30pm ***(Group in progress)***	Family Resource Centers

Community Service Opportunity!
"Sock It To Me" - Sock and Can Drive for the Month of March!

Family Support - Childcare available

- Grandparents Raising Grandchildren: Every grandparent plays a special role in their grandchildren's lives but those who are their primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. Snacks, tea, and coffee will be served. Group is drop-in; no registration required. For adult caregivers. Meets every 4th Monday of the month. **For more info contact Jilena at (413) 549-0297 ext. 6511.**
- Nurturing Fathers: Dads need support to meet the challenges of this very tough job. Come to this group designed for fathers by fathers. Dinner will be served. For adult male identified caregivers **Pre-registration is required, contact Kelly at (413) 549-0297 ext. 6512. *Current group in progress.***
- The Support Network: The Support Network is a support group for parents and caregivers of children and adolescents with social, emotional, and behavioral challenges. This group is peer facilitated and provides mutual support, information, and resource sharing in a safe, confidential, and respectful environment. Group meets monthly. **Call Margery Jess at The Support Network at (413) 530-5488, or Kelly at The Bridge FRC at (413) 549-0297 for more info.**
- Safe Passages Support Group In English: This support group is designed for those that have past or current experience with Domestic Violence. Come for support and gain insight from others who have experienced domestic violence. Support group members talk about how domestic violence affected them and what has helped them move forward. This is a drop-in group open for all genders. Snacks and childcare will be provided. Individual counseling Wednesday afternoons. **For more information, contact Kelly Thibodeau at (413) 549-0297 ext. 6512 or Sonia at (413) 588-1657.**
- Grupo de Apoyo Safe Passage en Español: Este grupo de apoyo está designado para aquellas personas que han sufrido, o que actualmente sufren violencia domestica. Vengan a recibir apoyo y obtener más información de otras personas que han experimentado violencia doméstica. Los miembros del grupo de apoyo hablan de cómo la violencia doméstica los ha afectado y qué les ha ayudado a salir adelante. Todos son bienvenidos y no necesitas cita previa. El grupo se reúne los viernes por la mañana. Se ofrecerán aperitivos y servicios de guardería. Consejería Individual Miércoles en las tardes. **Para mayor información, llame a Anna Barto al teléfono (413) 549-0297 ext. 6532 o Sonia at (413) 588-1657**.
- Teens In Action: Youth ages 13 to 18 will learn skills to better communicate, make healthy choices, and build strong self-esteem. Dinner will be served. Pre-registration is required. **Contact Anna at (413) 549-0297, ext. 6532 for registration or more information. *Current group is in progress.***
- Parenting Journey: Parenting is an adventure and it helps to bring along some tools. Join other parents in this 12-week parent-positive strengths focused group to find new ways to navigate the road ahead. Dinner is served and childcare is provided. For adult caregivers. **Pre-registration is required, contact Sylvia at (413) 549-0297 ext. 6523. *New group starting March 8. Registration is open until March 15th.***
- Young Parent Scrapbooking Meetup: A time for young parents to connect and create by crafting scrapbooks, sharing ideas and forming friendships. This is a drop-in group, with childcare and dinner provided. Meets on the 4th Wednesday of the month. Best for young parents under 23. **Contact Sylvia at (413) 549-0297, ext. 6523 for more information.**
- Support Group for Parents and Caregivers of Children with High Functioning Autism: Come share your experience, learn about resources and hear from other parents. Group meets on the 1st Saturday of each month from 10-11:30am. No registration needed. Refreshments served. Childcare is available. **Call Kelly at 413-549-0297, ext. 6512 for more information.**
- Knitting/Crocheting Circle for Caregivers: Every Friday, come join us for tea, coffee and good company. We will provide needles/hooks and your first skein of yarn. This is a drop-in class. Come for one, or come for all. **Please call Sylvia Buzzell at (413) 549-0297, ext. 6523 for information.**

Education

- Lunch and Learn: For parents and caregivers to gather and learn about a variety of topical subjects. Lunch is served, childcare is provided. This month: "*Picky Eaters, Healthy Eaters*". For more information, or to reserve childcare, call **Kelly Thibodeau at (413) 549-0297, ext. 6512.**
- After-School Homework Help: Kids and teens bring your homework and get help from our staff. Every Monday and Wednesday from 3-5pm.

Arts & Culture

- Creative Crafts: Anyone can be an artist if given the opportunity! Come to this group and learn how to bring beauty into your world through different craft projects. Group is drop-in; no registration required. **For kids of all ages. Contact Kelly for more information, (413) 549-0297, ext. 6512.**
- Family Movie Night: Come one, come all for a fun family movie on our big screen projector! **Every 1st, 2nd and 3rd Friday of the month. Popcorn will be served!!! Contact Sylvia at (413) 549-0297, ext. 6523 for more information. *(Bonus date for March: 3/23!)***
- Teen Movie Night: Calling all teens. Come join us for a once-a-month film just for you! **Every 4th Friday of the month. All films appropriate for teens 13 and up. Popcorn will be served! Contact Sylvia at (413) 549-0297, ext. 6523 for more information. *(Held on 3/30 in March!)***
- Parents' Springtime Craft Night: Come make some cute springtime candleholders on this parents' fun night event. We provide materials, childcare and pizza. **Contact Kelly Thibodeau for more information or to reserve childcare, (413) 549-0297, ext. 6512.**

Family Fun

- Board Games: Board Games are a great way to practice problem solving, patience, and have fun at the same time. Drop-in to play a variety of different board games, and have a snack. **For all ages. For more information, contact Anna at (413) 549-0297, ext. 6532.**
- Parents' Game Night: Come join us for a parents' fun night of playing games, having some laughs, and spending time with other parents. Games, childcare and pizza will be provided. **Contact Kelly Thibodeau for more information or to reserve childcare, (413) 549-0297, ext. 6512.**