

ALL PROGRAMS FREE FOR FAMILIES

MARCH 2024

The FRC is open
Mon–Fri,
9 a.m.–5 p.m. daily with select late
night and weekend hours.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome! (But pre-registration is required for many groups.) Call Us: (413) 549-0297					9:30-11 Baby Playtime 12-2 Parenting Journey 1 1	10-11:30 Parents' Autism Support 2
3	1-2 Adult Art Hour: Paper Mâché 3-5 HW Help Drop-In 4	1-3 Self-Care (In-Person) 5-6:15 Relaxation Tuesdays 5	11:30-12 Mindfulness 3-5 HW Help Drop-In 5-6 After Hours Appts 6	6-7:30 Nurturing Fathers 7	9:30-11 Baby Playtime 12-2 Parenting Journey 1 8	10-12 Smith Bulb Show 9
10	3-5 HW Help Drop-In 5:45-7:15 Chess Club 5:45-7 Book Club 11	1-3 Self-Care (Virtual) 5-6:15 Relaxation Tuesdays 12	11:30-12 Mindfulness 1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In 5-6 After Hours Appts 13	6-7:30 Nurturing Fathers 14	9:30-11 Baby Playtime 12-2 Parenting Journey 1 1-2 Computer Literacy 15	16
17	1-2 Adult Art Hour: Paper Mâché 3-5 HW Help Drop-In 18	1-3 Self-Care (In-Person) 19	11:30-12 Mindfulness 5-6 After Hours Appts 20	6-7:30 Nurturing Fathers 21	9:30-11 Baby Playtime 12-2 Parenting Journey 1 22	23
10:30-12:30 Pancakes and A Movie 24/31	3-5 HW Help Drop-In 5:45-7:15 Chess Club 5:45-7 Book Club: New Book Starts! 25	1-3 Self-Care (Virtual) 5-6:15 Relaxation Tuesdays 26	11:30-12 Mindfulness 1-2 GRG 1-2 Financial Literacy 3-5 HW Help Drop-In 5-6:15 IEP Event 27	6-7:30 Nurturing Fathers 28	9:30-11 Baby Playtime 12-2 Parenting Journey 1 4-5:30 Teen Leadership Club 29	30

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 3/2, 10–11:30am

Baby Playtime & Support Circle — Alexiz

Ages 0-1 & their caregivers, connect over baby activities like music, lap games, & baby yoga. Chat & have snacks!

Fridays, 9:30–11am

After Hours Appts — Jayne

Schedule some time with a staff member 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: Paper Mâché Bowls/Planters — Sarah

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

1st & 3rd Mondays of the month, 1–2pm

Chess Club — Matt (contact Jennifer)

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

Monday 3/11 & 3/25 5:45–7:15pm

Book Club — Sarah

New book starts 3/25 - welcome new members! For busy adults who want to read more. Must register.

Monday 3/11 & 3/25, 5:45–7pm

Relaxation Tuesdays — Alexiz

We provide a short meditation for parents while kids practice yoga. Dinner and childcare available.

Tuesdays, 5-6:15pm

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 3/13 & 3/27, 1–2pm

Computer Literacy — Jennifer

We're partnering with the Tech Hub to bring you workshops on all things digital. Held on the 3rd Friday of each month. Lunch provided.

Friday 3/15, 1–2pm

NEW GROUPS

Parenting Journey 1 — Jayne & Lisa

13-week, strengths-based group for parents/caregivers to grow their parenting skills. Registration required. Starts 3/1. Virtual.

Fridays, 12-2pm

THIS MONTH

Spring Bulb Show — Eden & Alexiz

Join us at the Lyman Conservatory on Smith College campus to see this year's spring blooms.

Saturday 3/9, 10-12pm

Pancakes and A Movie — Anne & Alexiz

Cozy up in the center with a movie and enjoy some fresh pancakes.

Sunday 3/24, 10:30-12:30pm

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 3/27, 5-6pm

Teen Leadership Club — Sarah

This teen-led group will choose a project to support the community. Great for resumes. Earn a \$10 gift card.

Friday 3/29, 4-5:30pm

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