

ALL PROGRAMS FREE FOR FAMILIES

JANUARY 2024

*The Bridge FRC
is open
Mon–Fri,
9 a.m.–5 p.m.
Call for details!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CENTER CLOSED 1	1-3 Self-Care (Virtual) 2	11:30–12 Mindfulness 5–6 After Hours Appts 3	4	9:30–11 Baby Playtime 12–1 Journaling 5	10–11:30 Parents’ Autism Support 6
7	1–2 Adult Art Hour 3–5 HW Help 5–5:30 Creative Corner 5:45–7:15 Chess Club 5:45–7:15 Book Club 8	1-3 Self-Care (In-Person) 5–6:15 Relaxation Tuesdays 9	11:30–12 Mindfulness 1–2 Grandparents Raising Grandchildren 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 12–1 Journaling 12	13
14	CENTER CLOSED 15	1-3 Self-Care (Virtual) 5–6:15 Relaxation Tuesdays 16	11:30–12 Mindfulness 3–5 HW Help Drop-In 5–6 After Hours Appts 17	6–7:30 Nurturing Fathers 18	9:30–11 Baby Playtime 12–1 Journaling 1–2 Computer Literacy 19	9:30–11:30 Survival Center Volunteering 20
21	1–2 Adult Art Hour 3–5 HW Help 5–5:30 Creative Corner 5:45–7:15 Chess Club 5:45–7:15 Book Club 22	1-3 Self-Care (In-Person) 5–6:15 Relaxation Tuesdays 23	11:30–12 Mindfulness 1–2 Grandparents Raising Grandchildren 1–2 Financial Literacy 3–5 HW Help Drop-In 5–6 After Hours Appts 24	6–7:30 Nurturing Fathers 25	9:30–11 Baby Playtime 12–1 Journaling 4–5:30 Teen Leadership Club 26	27
11:30–1:30 Movie and Hot Chocolate Bar 28	3–5 HW Help 5–5:30 Creative Corner 29	1-3 Self-Care (Virtual) 5–6:15 Relaxation Tuesdays 30	11:30–12 Mindfulness 3–5 HW Help Drop-In 5–6 IEP Event 31	Drop-Ins Welcome! (But pre-registration is required for many groups.) Call Us: (413) 549-0297		

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Homework Help Drop-In — Jayne

Stop by for help with school work, or if caregivers have questions about academics. 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 1/6, 10–11:30am

Baby Playtime & Support Circle — Anna

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 & Anna

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 — Sarah

A group for any & all parents/caregivers interested in art, no experience necessary.

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 1/8 & 1/22, 5:45–7:15pm

Relaxation Tuesdays — Anna & Alexiz

We provide a short meditation for parents while kids (ages 5-10) practice yoga. After, come together for a healthy, family meal. Dinner and childcare available.

Tuesdays, 5-6:15pm

Mindfulness Meditation — Anna

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

Wednesdays, 11:30–12pm

Journaling — Lisa, Sarah

Receive prompts, discuss techniques, write individually, and share experiences in a supportive environment.

Now hybrid:

[https://csoinc-org.zoom.us/j/88349948951?](https://csoinc-org.zoom.us/j/88349948951?pwd=GtKJkooumv20ipq3Mb2DCS0apQVbz.1)

[pwd=GtKJkooumv20ipq3Mb2DCS0apQVbz.1](https://csoinc-org.zoom.us/j/88349948951?pwd=GtKJkooumv20ipq3Mb2DCS0apQVbz.1)

Fridays, 12–1pm

EDUCATION

Nurturing Fathers — David (contact Alexiz)

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

Thursdays (Starting 1/11), 6–7:30

Call 413-549-0297 and ask to speak
to any staff member!

NEW GROUPS

Book Club — Sarah

For busy adults who want to read more, but don't have the time. Finish books in easy manageable steps, learn new things, have meaningful discussions, and gather as a community!

Monday 1/8 & 1/22, 5:45–7:15pm

Creative Corner — Anna

Take a break from hw with a quick art project.

Mondays, 5–5:30pm

THIS MONTH

Financial Literacy — Jennifer

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

Wednesday 1/10 & 1/24, 1–2pm

Computer Literacy — Jennifer

We're partnering with the Tech Hub to bring you workshops on all things digital. Starting with windows 10 and internet & email basics. On the 3rd Friday of each month. Lunch provided.

Friday 1/19, 1–2pm

Survival Center Volunteering — Anna

Gain community service hours at the Amherst location.

Saturday 1/20, 9:30–11:30am

Teen Leadership Club — Anna & Sarah

This teen-led (7th-12th grade) group will choose a project to support the community. Great for resumes. Earn a \$10 gift card.

Friday 1/26, 4-5:30pm

Movie and Hot Chocolate Bar — Eden

Get cozy with a cup of cocoa, popcorn, and a movie.

Sunday 1/28, 11:30-1:30pm

IEP Event — Jayne

Training for parents to understand their rights according to The Parental Safeguards letter. Help toward understanding their student's IEP. Lunch and childcare provided.

Wednesday 1/31, 5-6pm

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