



New Location SPRINGFIELD FRC 1095 Main Street. Springfield MA. Phone: (413)733-7699 Fax: (413)732-5168

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SFRC Closed 1. 	2. Food Pantry 11:00-3:00pm 1095 Main Street	3. <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> WE MOVED TO 1095 MAIN ST SPFLD, 01103 </div>	4. <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> WE MOVED TO 1095 MAIN ST SPFLD, 01103 </div>	5. Open 5 days a week 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	6. CLOSED
7.	8. Nurturing Father's Starting on Mondays in January 2024	9. Food Pantry 11:00-3:00pm 1095 Main Street	10. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	11.	12. Open 5 days a week 9am- 5pm for Information & Referrals	13. Virtual Youth Support Group 10:00-2:00pm
14.	15. Closed in Observation of Martin Luther King Jr. Day	16. Virtual Grandparent's Support Group 5:30-7:30 pm	17. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	18.	19. Open 5 days a week 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	20. CLOSED
21.	22. Nurturing Father's 5:30-7:30 2024	23. Food Pantry 11:00-3:00pm 1095 Main Street	24. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	25.	26. Open 5 days a week 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc	27. Virtual Youth Support Group 10:00-2:00pm
28/	29. Nurturing Father's 5:30-7:30 2024	30. Food Pantry 11:00-3:00pm 1095 Main Street Virtual Grandparent's Support Group 5:30-7:30 pm	31 COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm			

We are OPEN Monday- Friday from 9am to 5pm with Evening Hours Mondays, Wednesdays & Thursdays 5pm to 8pm.

Nurturing Father's Group: Mondays 5:30-7:30pm, 13 Sessions
evidence based program that brings together men from all family
circumstances who need help with understanding how to be nurturing
and supportive.

ESL Classes: Wednesdays 5:00-8:00pm.

Youth Anger Management Group: Thursdays 4:00-5:00pm, an 8 session Class supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger.

Parenting Journey Group: Thursdays 5:00-7:30pm, 12 sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strenghts to support their children and build nurturing family relationships.

Virtual Youth Support Group: 2nd & 4th Saturdays of each month 10:00-2pm.



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