May 2022

Family Resource Center at Behavioral Health Network

bhn FAMILY RESOURCE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9-11am: Parenting Journey	3 9-11am: Active Parenting 1pm: Support Network 5:30-7:30pm: Nurturing Fathers	4 1pm: Support Network	5 9-11am: Active Parenting for Teens	6 Open by appointment only call 413-277-6601.	7
8	9 9-11am: Parenting Journey 6pm: The Support Network	10 9-11am: Active Parenting 1pm: Support Network 5:30-7:30pm: Nurturing Fathers	11 10am-12pm: Grandparents Raising Grandchildren	12 9-11am: Active Parenting for Teens	13 Open by appointment only call 413-277-6601.	14
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29	30 9-11am: Closed for the holiday	31 9-11am: Active Parenting 1pm: Support Network 5:30-7:30pm: Nurturing Fathers	1	2	3	4
5	6	Notes Free at home COVID tests available for pickup. Call and sign up for groups forming soon!				

Family Resource Center Calendar Descriptions

Family Resource Center
at Behavioral Health Network

The Support Network

Facilitated by Margery from TSN.

Connect with other parents whose children have social, emotional, or mental health concerns.
Zoom Meeting ID: 264 212 8031

Nurturing Fathers

The Nurturing Fathers Program is a 13-week evidence-based program for developing attitudes and skills for male nurturance.

Raft Applications: Call and set up an appointment for housing needs.

Active Parenting

Parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who are able to resist negative peer pressure and thrive.

Parenting Journey

Join other parents in this 12-week, parent-positive, strengths-focused group to find new ways to navigate the road ahead.

Caregivers Supporting Caregivers

is a group initiated to empower, uplift, and educate others. We are a group of caregivers who have lived experience, sharing support, while creating a village.

Zoom Link: https://BHNINC.zoom.us/j/95351153541

Active Parenting of Teens

This program teaches parents of teens to have greater self-confidence in their roles as parents; how to better communicate with their teen; how to discipline and problem solve; how to prevent alcohol and drug use; how to teach positive values & more!

Grandparents Raising Grandchildren

Peer to peer support group for Grandparents raising their grandchildren.

Please call to register and zoom links will be sent out to you.

Staff can be reached by calling **(413) 277-6601** or emailing **bhnfrc@bhninc.org**

Linda Roy, Program Director
Lynn Guertin, Program Manager
Yahira Santiago, Clinician
Tanya Brooke, School Liaison
Kathleen Cordier, Family Partner
Carla Vieu, Family Support Worker

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