

ALL PROGRAMS FREE FOR FAMILIES

NOVEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Open 9am-5pm, Mon-Fri Some weekend hours. Evening groups on Monday, Tuesday, and Wednesday. Call 413-549-0297 for details.</p>			<p>11:30-12 Mindfulness 12-2 Active Parenting Teens 3-5 HW Help Drop-In 5-6 After Hours Appts</p> <p>1</p>	<p>6-7:30 Nurturing Fathers</p> <p>2</p>	<p>9:30-11 Baby Playtime 12-1 Journaling 3:30-4:30 Teen Art Hour</p> <p>3</p>	<p>9:30-11:30 Harvest Decorating</p> <p>4</p>
<p>5</p>	<p>1-2 Adult Art Hour 3-5 HW Help Drop-In 4-5:30 Creativity and Curiosity</p> <p>6</p>	<p>1-3 <u>In-Person</u> Parent Self-Care 5-6:15 Relaxation Tuesdays</p> <p>7</p>	<p>11:30-12 Mindfulness 12-2 Active Parenting Teens 1-2 Grandparents Raising 3-5 HW Help Drop-In 5-6 After Hours Appts</p> <p>8</p>	<p>6-7:30 Nurturing Fathers</p> <p>9</p>	<p>9:30-11 Baby Playtime 12-1 Journaling 2-3:30 Game Drop-In 3:30-4:30 Teen Art Hour</p> <p>10</p>	<p>11</p>
<p>12</p>	<p>1-3 Sewing & Knitting 3-5 HW Help Drop-In 4-5:30 Creativity and Curiosity 5:45-7:15 Chess Club</p> <p>13</p>	<p>1-3 <u>Virtual</u> Parent Self-Care 5-6:15 Relaxation Tuesdays</p> <p>14</p>	<p>11:30-12 Mindfulness 12-2 Active Parenting Teens 1-2 Financial Literacy 3-5 HW Help Drop-In 5-6 After Hours Appts</p> <p>15</p>	<p>6-7:30 Nurturing Fathers</p> <p>16</p>	<p>9:30-11 Baby Playtime 12-1 Journaling 3:30-4:30 Teen Art Hour</p> <p>17</p>	<p>18</p>
<p>11:30-1:30 Drop-In and Thanksgiving Box Pick-Up</p> <p>19</p>	<p>1-2 Adult Art Hour 3-5 HW Help Drop-In 4-5:30 Creativity and Curiosity</p> <p>20</p>	<p>1-3 <u>In-Person</u> Parent Self-Care 12-2 Active Parenting Teens 5-6:15 Relaxation Tuesdays</p> <p>21</p>	<p>11:30-12 Mindfulness 1-2 Grandparents Raising 3-5 HW Help Drop-In 5-6 After Hours Appts</p> <p>22</p>	<p>CENTER CLOSED</p> <p>23</p>	<p>CENTER CLOSED</p> <p>24</p>	<p>25</p>
<p>26</p>	<p>1-3 Sewing & Knitting 3-5 HW Help Drop-In 4-5:30 Creativity and Curiosity 5:45-7:15 Chess Club</p> <p>27</p>	<p>1-3 <u>Virtual</u> Parent Self-Care 5-6:15 Relaxation Tuesdays</p> <p>28</p>	<p>11:30-12 Mindfulness 1-3 <u>Virtual</u> Parent Self-Care 5-6 IEP Event</p> <p>29</p>	<p>30</p>		

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Mindfulness Meditation — Anna

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

Wednesdays, 11:30–12pm

Parent/Caregiver Self Care — Anne

Practice self-care in community. Alternating virtual & in-person.

Tuesdays, 1–3pm

Grandparents Raising Grandchildren — Anne

Support for g-parents providing primary care. Virtual.

2nd & 4th Wednesdays, 1–2pm

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. Stay for dinner at 5pm.

Mondays & Wednesdays, 3–5pm

Journaling — Lisa, LCSW, MSW

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

Fridays, 12–1pm

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



Amherst Family Resource Center

101 University Drive, Suite A3

Amherst, MA 01002

413.549.0297

ARTS & CULTURE

Adult Art Hour — Sarah & Lisa

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

1st & 3rd Mondays of the month, 1–2pm.

Creativity & Curiosity — Anna

Fun art and science projects. Ages 6–12.

Mondays, 4–5:30pm

Chess Club — Matt (contact Jennifer)

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

Rotating Mondays, 5:45–7:15pm

Teen Art Hour — Sarah & Lisa

Join us for a different guided art project each week.

Fridays, 3:30–4:30pm

Sewing & Knitting — Anne & Anna

Bring your sewing, mending, and knitting projects or learn how to get started. In-person!

2nd & 4th Mondays of the month, 1–3pm

EDUCATION

Nurturing Fathers — David (contact Alexiz)

A 12-week, evidence-based parenting group for fathers, led by a father.

Thursdays, 6–7:30

Active Parenting Teens — Jayne & Alexiz

A 6-week, evidence-based class to teach parents to strengthen their relationship with their teens, 13–18.

Wednesdays, 12–2pm

Financial Literacy — Jen

We're partnering with the Greenfield Savings Bank to offer educational sessions for adults on all things banking. This first session is about the basics.

Wednesday 11/15, 1–2pm

NEW GROUPS

Relaxation Tuesdays — Anna & Alexiz

New day, same offerings! Short meditation for parents while kids (ages 5–10) practice yoga, and then come together for a healthy family meal. Childcare available.

Tuesdays, 5–6:15pm

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

THIS MONTH

Harvest Decorating — Anna & Alexiz

Make fall themed decorations for the home.

Saturday 11/4, 9:30–11:30am

Game Drop-In — Eden

Join us for ping pong, board games, and much more.

Friday 11/10, 2–3:30pm

Thanksgiving Box Pick-Up — Anne & Jayne

Weekend pick-up option for pre-reserved thanksgiving boxes.

Sunday 11/19, 1:30–1:30pm

IEP Event — Jayne

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

Wednesday 11/29, 5–6pm

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

CSOINC.ORG