



The SPRINGFIELD FRC is located at 18 Gaucher Street Springfield Ma.

November 2023

01109

For more

information please Call Us at (413)733-7699 or Fax: (413)732-5168

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1.</p> <p>Community CAFÉ'S TBA 10:00am – 12:00pm</p> <p>ESL Classes 5-8pm</p>	<p>2.</p> <p>Drive Thru Food Pantry 11:00-3:00pm</p> <p>Parenting Journey One 5-7:30pm Groups are in person, Transportation, food & childcare provided.</p>	<p>3.</p> <p>Available 9-5pm for support w/ Information & Referrals</p>	<p>4.</p> <p>Closed</p>
<p>5.</p>	<p>6.</p> <p>Healthy Relationship "Making Smart Choices" Youth Group 3-5pm</p> <p>Recruiting for Nurturing Father's 5:00pm -7:30pm Groups are in person food & childcare provided</p>	<p>7.</p> <p>Available 9am- 5pm for Support w/ Information & Referrals</p>	<p>8.</p> <p>Community CAFÉ'S TBA 10:00am – 12:00pm</p> <p>ESL Classes 5-8pm</p>	<p>9.</p> <p>Drive Thru Food Pantry 11:00-3:00pm</p> <p>Parenting Journey One 5-7:30pm Groups are in person, Transportation, food & childcare provided.</p>	<p>10.</p> <p>CLOSED In Observation of veteran's Day.</p>	<p>11.</p> <p>Grandparents Support Group 1-3pm</p>
<p>12.</p>	<p>13.</p> <p>Healthy Relationship "Making Smart Choices" Youth Group 3-5pm</p> <p>Recruiting for Nurturing Father's 5:00pm -7:30pm Groups are in person food & childcare provided</p>	<p>14.</p> <p>Available 9am- 5pm for Support w/ Information & Referrals</p>	<p>15.</p> <p>Community CAFÉ'S THOM Child and Family Services Springfield Infant Toddler Services 10:00am – 12:00pm</p> <p>ESL Classes 5-8pm</p>	<p>16.</p> <p>Drive Thru Food Pantry 11:00-3:00pm</p> <p>Parenting Journey One 5-7:30pm Groups are in person, Transportation, food & childcare provided.</p>	<p>17..</p> <p>Available 9am- 5pm for Information & Referrals.</p>	<p>18.</p> <p>Closed</p>
<p>19</p>	<p>20.</p> <p>Healthy Relationship "Making Smart Choices" Youth Group 3-5pm</p> <p>Recruiting for Nurturing Father's 5:00pm -7:30pm Groups are in person food & childcare provided</p>	<p>21</p> <p>Available 9am- 5pm for Support w/ Information & Referrals</p>	<p>22</p> <p>Community CAFÉ'S TBA 10:00am – 12:00pm</p> <p>ESL Classes 5-8pm</p>	<p>23</p> <p>CLOSED</p> 	<p>24..</p> <p>CLOSED Day After Thanksgiving</p>	<p>25.</p> <p>Grandparents Support Group 1-3pm</p>

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ESL 5-8PM 29

Parenting Journey 30.

5-8pm

ALL PROGRAMS ARE FREE

Open Monday- Friday, 9am to 5pm

Evening Hours Monday, Wednesday & Thursday 5pm to 8:00 pm

Due to COVID-19 Our Center requires that all Visitors Wear MASK.

Must Register for all Groups...

By calling 413-733-7699

Nurturing Father's Group: Recruiting for New 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.

Grandparents Support Group: In Person Support Group for grandparents, every other Saturday from 1pm to 3pm.

In Person ESL Classes: Begins Wednesday Evening's 5-8pm October 4th 2023

Food Pantry: Drive Thru every Thursday 11:00-3:00pm.

Youth Support Group: Healthy Relationship "Making Smart Choices" Youth Group 3-5pm

Thursdays 4:00-5:00pm, an 8-session Group - Start date: TBD

Class supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger.

Parenting Journey Group: Recruiting for New Group Thursdays 5:00-7:30pm Start date: Began Sept. 28, 2023

12 sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strengths to support their children and build nurturing family relationships.



FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES PLEASE CALL: (413)733-7699



Please let Us know How we are doing? Please Take Our Satisfaction Survey...