

November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 10am to 11:30am Learn to use a Cricut machine 6pm-7pm Self Care Caregiver Support Group	2 10:30am-11:30am Grandparents Raising Grandchildren 3:45pm-5:30pm Pride in You Group	3 9:30am-10:30am Parent/Child 2 yrs to 5 yrs old activity time with Rachel.	4 Open 9am-1pm 10am-12pm Cookie making
5	6 10am to 11:30am Drop in coffee hour 10am-11:30am Active Parenting	7 9:30am-10:30am Crafting with Eileen 5:30pm-7:30pm Nurturing Fathers 6pm-7pm Family Pride	8 10am to 11:30am Learn to use a Cricut machine 6pm-7pm Self Care Caregiver Support Group	9 10:30am-11:30am Grandparents Raising Grandchildren 3:45pm-5:30pm Pride in You Group	10 9:30am-10:30am Parent/Child 2 yrs to 5 yrs old activity time with Rachel.	11 Open 9am-1pm 10am-12:30pm Family Fall Festival
12	13 10am to 11:30am Drop in coffee hour 10am-11:30am Active Parenting	14 9:30am-10:30am Crafting with Eileen 5:30pm-7:30pm Nurturing Fathers 6pm-7pm Family Pride	15 10am to 11:30am Learn to use a Cricut machine 6pm-7pm Self Care Caregiver Support Group	16 10:30am-11:30am Grandparents Raising Grandchildren 3:45pm-5:30pm Pride in You Group	17 9:30am-10:30am Parent/Child 2 yrs to 5 yrs old activity time with Rachel.	18 Open 9am-1pm 10am-12:30am Thanksgiving craft making
19	20 10am to 11:30am Drop in coffee hour 10am-11:30am Active Parenting	21 9:30am-10:30am Crafting with Eileen 5:30pm-7:30pm Nurturing Fathers 6pm-7pm Family Pride	22 10am to 11:30am Learn to use a Cricut machine 6pm-7pm Self Care Caregiver Support Group	23 Closed for Thanksgiving Holiday	24 Closed for Thanksgiving Holiday	25
26	27 10am to 11:30am Drop in coffee hour 10am-11:30am Active Parenting	28 9:30am-10:30am Crafting with Eileen 5:30pm-7:30pm Nurturing Fathers 6pm-7pm Family Pride	29 10am to 11:30am Learn to use a Cricut machine 6pm-7pm Self Care Caregiver support group	30 10:30am-11:30am Grandparents Raising Grandchildren 3:45pm-5:30pm Pride in You Group	1	2

Family Resource Center Calendar Descriptions



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.



Pride in You



A support group for LGBTQ+ youth ages 11-18 to feel safe and free to be themselves.

Drop-In Coffee Hour

See our new space, have a coffee and meet the staff to learn what is new

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.

Family Pride

This group is for parents raising or questioning LGBTQI+ youth.

Caregiver Support Group

Self care group for caregivers.



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.



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

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

Amy Breton, Program Director

Lynn Guertin, Program Manager

Yahira Santiago, Clinician

Randy Guertin, Administrative Support

Kathleen Cordier, Family Partner

Rachel Reniere, Family Support Worker

Katina Hope, Family Support Worker

Eileen Dennis, School Liaison



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