



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED Observance of Holiday	2 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	3	4 10-11:30AM PPF
5	6	7 11A-12:30P Mommy & Me 5:30P-7P Parenting Circle 6p-7p Achieving Dadhood	8 3-4:30PM Live Out Loud (HS)	9 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	10	11
12	13	14 11A-12:30P Mommy & Me	15 3-4:30PM Live Out Loud (HS) 4:30-6PM FRF/GRG Kinship Group	16 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	17	18 12-2PM Conexione Positivas
19	20 CLOSED Observance of Holiday	21 11A-12:30P Mommy & Me 5:30P-7P Parenting Circle 6p-7p Achieving Dadhood	22 3-4:30PM Live Out Loud (HS)	23 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	24	25
26	27	28 11A-12:30P Mommy & Me	29 3-4:30PM Live Out Loud (HS)	30 9AM-10:30AM Nursing Baby/Toddler Group 12:30-2PM Young Adult Affinity 4-5:30PM Live Out Loud (MS)	31	

For more information on all of our offerings, please visit:
<https://18degreesma.org/new-events/>



Mommy & Me Play Group
Tuesdays 11AM-12:30PM

A support/play group for mom's and children ages 0-3yr old. For moms and children to socialize, learn and connect. Contact Alexia for more information!

Parenting Circle
2nd and 4th Tuesdays 5:30PM-7PM

Has your child reached "terrible twos" or having a tough time in school? Maybe your teen is making you feel like the worst parent alive. Difficult roads don't need to be traveled alone. We will discuss positive discipline, emotion regulation, school related issues and so much more! Contact Tammy for more information!

Achieving Dadhood
2nd and 4th Tuesdays 6PM-7PM

Are you a dad? This group is for you. Whether you're a first time dad, first generation dad, or a seasoned dad, this group is for all dads! Facilitated by Brandon Mauer, a father of a beautiful spirited 2 year old daughter. Contact Tammy or Jermaine for more information!

Live Out Loud MS, HS, and Young Adult Affinity Groups

These groups offer a safe and supportive space that centers LGBTQIA+ based conversations and activities. MS (Thurs 4-5:30pm, 5:30-7pm Drop-In Dinner) for ages 11-14. HS (Wed 3-4:30pm) for ages 14-18. YAAG (Thurs 12:30-2pm) for ages 18-30. Contact Christopher for more information!

FRF Families Raising Families
1st & 3rd Wednesdays 4-5:30P

A bilingual support group dedicated to those caring for children as a grandparent, sibling, aunt, uncle, or any other kinship caregiver, to have a safe, inclusive space to connect, share, and learn from one another. Contact Jermaine for more information!

Nursing Baby/Toddler Group
Thursdays 9AM-10:30AM

Hosted by Berkshire Nursing Families an informal playgroup for families with feeding children to socialize, get parenting support, breastfeeding advice from other families. Baby scale is available for weight checks. Contact Tammy for more information!

Conexiones Positivas
3rd Saturday each month 12-2PM

A support and informative group for members of the Latino community. Each month different topics will be discussed. Contact Alexia for more information!

To better serve you, Child Care is now available for our support groups and classes.
When registering please make staff aware of your childcare needs

Registration is required for all groups, classes, and activities.

Call or Email us to gain access to our offerings and for more information!

413-448-8281 or info@18degreesma.org

18 Degrees partners with the Berkshire Diaper Project to offer families FREE diapers during regular business hours 9:00am-5:00pm

FRC Staff:

Program Director: Sharon Collins Newton scollinsnewton@18degreesma.org or ext. 265

Program Manager: Tammy Martin-Bartlett tmartinbartlett@18degreesma.org or ext. 264

Family Support Worker: Alexia Morales Jado amoralesjado@18degreesma.org or ext 268

Family Support Worker: Brooke Pelley bpelley@18degreesma.org or ext. 283

LGBTQ+ Services Coordinator: Christopher Dellea cdellea@18degreesma.org or ext. 241

Family Partner – Jermaine Sistrunk jdsistrunk@18degreesma.org or ext. 286

School Liaison – Abbie Callaghan acallaghan@18degreesma.org or ext. 269

FRC Open Hours

Monday 9am-5pm

Tuesday 9am-5pm

5pm-7pm Remote

Wednesday 9am-7pm

Thursday 9am-7pm

Friday 9am-5pm

1st & 3rd Saturday 9:30am-12:30pm