



**SPRINGFIELD FRC 1095 Spfld. MA.01103 Phone: (413)733-7699 Fax: (413)301-6601**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. <b>Recruiting for FREE workshops &amp; Parenting Education!</b>	2. Open Food Pantry 11:00-2:00pm	3. <b>Community Café' Healthy Choices Menstrual Health</b> 10:00am – 12:00pm ESL Classes 5:00pm – 8:00pm Story Time Playgroups 6-7pm	4. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc	5. <b>Open 5 days a week</b> 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. <b>First Five Years Active Parenting Group 10am -12pm</b> <b>Open Enrollment</b>	6. <b>CLOSED</b>
7.	8. Nurturing Father's Recruiting for 2024	9. Open Food Pantry 11:00-2:00pm	10. <b>Community Café' Healthy Choices Mental Health Relationship Awareness</b> 10:00am – 12:00pm ESL Classes 5:00pm – 8:00pm Story Time Playgroups 6-7pm	11. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc.	12. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc. <b>First Five Years Active Parenting Group 10am -12pm</b> <b>Open Enrollment</b>	13. Virtual Youth Support Group 10:00-2:00pm
14.	15. Nurturing Father's Recruiting for 2024	16. Open Food Pantry 11:00-2:00pm Virtual Grandparent's Support Group 5:30-7:30 pm	17. <b>Community Café' First Aid</b> 10:00am – 12:00pm ESL Classes 5:00pm – 8:00pm Story Time Playgroups 6-7pm	18. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc.	19. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc. <b>First Five Years Active Parenting Group 10am -12pm</b> <b>Open Enrollment</b>	20. <b>CLOSED</b>
21/29	22/29 Nurturing Father's Recruiting for 2024 ↓	23/30 Open Food Pantry 11:00-2:00pm Virtual Grandparent's Support Group 5:30-7:30 pm	24. <b>Community Café' CPR Workshop</b> 10:00am – 12:00pm ESL Classes 5:00pm – 8:00pm Story Time Playgroups 6-7pm	25. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc.	26.. <b>9am- 5pm for Information &amp; Referrals.</b> Application Assistance for Housing, Job Seeking & Resume Support etc. <b>First Five Years Active Parenting Group 10am -12pm</b> <b>Open Enrollment</b>	27. Virtual Youth Support Group 10:00-2:00pm

## ALL PROGRAMS ARE FREE

We are OPEN Monday- Friday from 9am to 5pm with Evening Hours Mondays, Wednesdays & Thursdays 5pm to 8pm.

### PROGRAMMING!!!

**Nurturing Father's 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. [Recruitment Stage](#)

**Grandparents Support Group:** Virtual Support for grandparents, every other Tuesday from 5:30-7:30pm. [Aril 16 & 30<sup>th</sup>, 2024](#)

**ESL Classes:** Wednesdays 5:00-8:00pm. [Story Time Playgroups 6-7pm](#)

**Food Pantry:** Every Tuesday Time 11:00 am until 2:00 PM [Ongoing](#)

**Youth Anger Management Group:** Thursdays 4:00-5:00pm, an 8 session Class supporting youth in identifying anger triggers and learning positive and Prosocial coping skills to manage their anger. [Recruitment Stage](#)

**Parenting Journey Group:** Thursdays 5:00-7:30pm, 12 sessions to help parents/caregivers increase their self-care practices and enhance their parenting skills, to create awareness in utilizing their strenghts to support their children and build nurturing family relationships. [Recruitment Stage](#)

**Virtual Youth Support Group:** 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of each month 10:00-2pm. [April 13 & 27<sup>th</sup>, 2024](#)



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



**Please Take Our Satisfaction Survey !!  
Let Us know How we are doing.....**