



SPRINGFIELD FRC New Location 1095 Main St. Spfld. MA.01103 Phone: (413)733-7699 Fax: (413)732-5168

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SFRC HAS MOVED TO OUR NEW LOCATION!!!				<p>1. Open 5 days a week 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>2. Open 5 days a week 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>3. CLOSED</p>
4.	5. Nurturing Father's Recruiting for 2024	6. Open Food Pantry 11:00-3:00pm	7. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	8. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	9. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	10. Virtual Youth Support Group 10:00-2:00pm
11.	12. Nurturing Father's Recruiting for 2024	13. Open Food Pantry 11:00-3:00pm Virtual Grandparent's Support Group 5:30-7:30 pm	14. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	15. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	16. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	17. CLOSED
18.	19. Presidents Day	20. Open Food Pantry 11:00-3:00pm	21. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	22. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	23. 9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.	24. Virtual Youth Support Group 10:00-2:00pm
25.	26.	27. Open Food Pantry 11:00-3:00pm Virtual Grandparent's Support Group 5:30-7:30 pm	28. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5:00pm – 8:00pm	29.		

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.

Grandparents Support Group: Virtual Support for grandparents, every other Tuesday from 5:30-7:30pm.

ESL Classes: Wednesdays 5:00-8:00pm.

Food Pantry: Every Tuesday Time 11:00 am until 3:00 PM

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.

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.

Virtual Youth Support Group: 2nd & 4th Saturdays of each month 10:00-2pm.



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.....