




Happy New Year
2025

SPRINGFIELD FRC 1095 Main Street Springfield MA Phone: (413)733-7699 Fax: (413)301-6601

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CLOSED 1. 	2.	3. Virtual Nurturing Father's 9:30am-12:00pm	4.
5.	6. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc	7. Grandparent's Group 10:00am – 11:00am SFRC Playgroup ESL Classes 5PM – 8PM	8. COFFEE HOUR 10:00am – 12:00pm ESL Classes 5PM – 8PM	9. Youth Coping Skills 4-6PM	10. Virtual Nurturing Father's 9:30am-12:00pm	11. Youth Support Group 10am-2pm
12.	13. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc	14. Grandparent's Group 10:00am – 11:00am SFRC Playgroup ESL Classes 5PM – 8PM	15. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5PM – 8PM	16. Youth Coping Skills 4-6PM	17. Virtual Nurturing Father's 9:30am-12:00pm	18.
19.	20. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc	21. Grandparent's Group 10:00am – 11:00am SFRC Playgroup ESL Classes 5PM – 8PM	22. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5PM – 8PM	23. Youth Coping Skills 4-6PM	24. Virtual Nurturing Father's 9:30am-12:00pm	25. Youth Support Group 10am-2pm
26.	27. 9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc	28. Grandparent's Group 10:00am – 11:00am SFRC Playgroup ESL Classes 5PM – 8PM	29. COFFEE HOUR 11:00am – 12:00pm ESL Classes 5PM – 8PM	30. Youth Coping Skills 4-6PM	31. Virtual Nurturing Father's 9:30am-12:00pm	

ALL PROGRAMS ARE FREE!!!!!!!!!!!!

We are open Monday-Friday from 9am-5pm

Evening Hours MON, TUES, WED. 5 – 8:30PM

Second and fourth Saturdays of the month, 10am to 2pm

PROGRAMMING!!!

Nurturing Father's Group: Mondays 5:30-7:30pm, 13 Sessions

An 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: Tuesdays 10am to 11am.

SFRC Playgroups: Tuesdays 11am to 12pm.

Youth Anger Management Group: Thursdays 4:00-6:00pm

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

Parenting Journey Group: Thursdays 5:00-7:30 pm, 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.

Active Parenting Birth to Five & TEENS: TBD

ESL Classes: Tuesdays & Wednesdays 5pm to 8pm.

Virtual & In-Person Youth Support Group: 2nd & 4th Saturdays of each month.



**Take Our Satisfaction Survey
let Us know How we are doing**

FOR MORE INFORMATION ABOUT OUR PROGRAMS OR SCHEDULES

PLEASE CALL: (413)733-7699 SFRC EMAIL: sfrcinfo@gandaracenter.org

