



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

2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.</p> <p>Closed in Observation of Labor Day</p>	<p>3.</p> <p>9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc</p>	<p>4.</p> <p>Community Café' 10:00am – 12:00pm Financial Literacy</p>	<p>5.</p> <p>9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>6.</p> <p>9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>
<p>9.</p> <p>Nurturing Father's 5:30-7:30pm</p>	<p>10.</p> <p>SFRC Grandparent's Support Group 10am-11pm SFRC Playgroup 11am – 12 pm</p>	<p>11.</p> <p>Community Café' 10:00am – 12:00pm Credit Recovery</p>	<p>12.</p> <p>9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>13.</p> <p>9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. NURTURING FATHERS Virtual GROUP STARTING FRIDAY SEPT. 13 2024 9:30AM - 12PM</p>
<p>16.</p> <p>Nurturing Father's 5:30-7:30pm</p>	<p>17.</p> <p>SFRC Grandparent's Support Group 10am-11pm SFRC Playgroup 11am – 12 pm</p>	<p>18.</p> <p>Community Café' 10:00am – 12:00pm First Time Home Buyers</p>	<p>19.</p> <p>9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>20.</p> <p>9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc. NURTURING FATHERS GROUP 9:30AM - 12PM</p>
<p>23/30.</p> <p>Nurturing Father's 5:30-7:30pm</p>	<p>24.</p> <p>SFRC Grandparent's Support Group 10am-11pm SFRC Playgroup 11am – 12 pm</p>	<p>25.</p> <p>Community Café' 10:00am – 12:00pm</p>	<p>26.</p> <p>9am- 5pm Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc.</p>	<p>27.</p> <p>9am- 5pm for Information & Referrals. Application Assistance for Housing, Job Seeking & Resume Support etc . NURTURING FATHERS GROUP 9:30AM - 12PM</p>

ALL PROGRAMS ARE FREE

Open Monday- Friday 9am to 5pm Evening Hours Mondays, Wednesdays & Thursdays 5pm to 8pm.

Every other Saturday-10am-2pm

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. **Began August 26,2024 Virtual Group Begins Friday, September 13, 9:30-12pm**

Grandparents Support Group: Begins September 10, 2024 10-11am

ESL Classes: Tuesday & Wednesdays, Oct. 1st & 2nd 2024 thru June 2025 5:00-8:00pm.

SFCR Playgroups: Tuesday's 11-12pm

Food Pantry: Every Tuesday 11:00 am until 2:00 PM TBD

Youth Coping 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. **TBD**

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**

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

Active Parenting of Teens & Birth to Five

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

EMAIL SFRC- sfrcinfo@gandaracenter.org



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