

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <ul style="list-style-type: none"> <li>➤ Parent &amp; Child (2-5 yrs old) activity</li> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Youth Summer Activity (11am – 2pm) - See flyer for location</li> <li>➤ Pride in You Group</li> </ul>	2	3 <ul style="list-style-type: none"> <li>➤ FRC Saturday Activity (10 am – 12 pm) - See flyer for details</li> </ul>
4	5 <ul style="list-style-type: none"> <li>➤ Drop in Coffee Hour</li> <li>➤ Active Parenting of Teens</li> <li>➤ Expressions Group</li> </ul>	6 <ul style="list-style-type: none"> <li>➤ Crafting hour with Eileen</li> <li>➤ Pride in Family Group</li> </ul>	7 <ul style="list-style-type: none"> <li>➤ Learn to use a Cricut class</li> <li>➤ Family Game night</li> </ul>	8 <ul style="list-style-type: none"> <li>➤ Parent &amp; Child (2-5 yrs old) activity</li> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Youth Summer Activity (11am – 2pm) - See flyer for location</li> <li>➤ Pride in You Group</li> </ul>	9	10
11	12 <ul style="list-style-type: none"> <li>➤ Drop in Coffee Hour</li> <li>➤ Active Parenting of Teens</li> <li>➤ Expressions Group</li> </ul>	13 <ul style="list-style-type: none"> <li>➤ Crafting hour with Eileen</li> </ul>	14 <ul style="list-style-type: none"> <li>➤ Learn to use a Cricut class</li> <li>➤ Family Game night</li> </ul>	15 <ul style="list-style-type: none"> <li>➤ Parent &amp; Child (2-5 yrs old) activity</li> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Pride in You Group</li> </ul>	16 <ul style="list-style-type: none"> <li>➤ Friday Wellness Series (2 – 3 pm)</li> </ul>	17 <ul style="list-style-type: none"> <li>➤ FRC Saturday Backpack give away (10 am – 12 pm) - See flyer for details</li> </ul>
18	19 <ul style="list-style-type: none"> <li>➤ Drop in Coffee Hour</li> <li>➤ Active Parenting of Teens</li> <li>➤ Expressions Group</li> </ul>	20 <ul style="list-style-type: none"> <li>➤ Crafting hour with Eileen</li> <li>➤ Pride in Family Group</li> </ul>	21 <ul style="list-style-type: none"> <li>➤ Learn to use a Cricut class</li> <li>➤ Family Game night</li> </ul>	22 <ul style="list-style-type: none"> <li>➤ Parent &amp; Child (2-5 yrs old) activity</li> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Summer-End Celebration in the Grenville Park</li> <li>➤ Pride in You Group</li> </ul>	23	24
25	26 <ul style="list-style-type: none"> <li>➤ Drop in Coffee Hour</li> <li>➤ Active Parenting of Teens</li> <li>➤ Expressions Group</li> </ul>	27 <ul style="list-style-type: none"> <li>➤ Crafting hour with Eileen</li> </ul>	28 <ul style="list-style-type: none"> <li>➤ Learn to use a Cricut class</li> <li>➤ Family Game night</li> </ul>	29 <ul style="list-style-type: none"> <li>➤ Parent &amp; Child (2-5 yrs old) activity</li> <li>➤ Grandparents raising Grandchildren</li> <li>➤ Youth Summer Activity (11am – 2pm) - See flyer for location</li> <li>➤ Pride in You Group</li> </ul>	30	31

August 2024

## Calendar Descriptions

### Evidence Based Parenting Courses

- **Parenting Journeys :** This is a 12-week strength based parenting course that focuses on how your upbringing as a child influences your parenting style now. You will join other parents in a calm, confidential environment to discuss and learn new techniques and skills, all while navigating the road ahead. **New Section: This September** **Call to Sign Up!** Monday 10:00 AM – 12:00 PM
- **Nurturing Fathers :** This is a 13-week peer-support focused parenting course that focuses on male nurturance and the roles dads play in the family. The course brings together men from different walks of life and family circumstances and focuses on the skills needed to help kids grow up feeling secure, loved, and self-confident. **New Section: This September** **Call to Sign Up!** Tuesday 5:30 – 7:30 PM
- **Active Parenting 4<sup>th</sup> Ed. :** A 6-week course, specifically focused on parents and caregivers of 5 - 12 year old children. The course focuses on knowledge and strategies geared towards raising responsible and cooperative kids who understand and can resist negative peer pressure. Monday 10:00 AM – 12:00 PM
- **Active Parenting of Teens :** A 6-week course, specifically focused on parents and caregivers of 13-18 year old children. The course focuses on the skills and techniques needed for communication without conflict and raising self-disciplined teenagers. Monday 10:00 AM – 12:00 PM

### Arts, Crafts, Culture & More

- **Family Game Night :** Come join the Ware FRC crew for family supper and games. Food will be served promptly at 5:00 PM. Please RSVP so that we have food and space for everyone. Wednesday 5:00 – 6:30 PM
- **Expressions :** A peer to peer, facilitator lead art & craft group where youth have the opportunity to express themselves and their emotions in positive ways. Discuss trending topics and how to navigate peer pressure, social media, and other contemporary topics. Monday 3:00 - 4:30 PM
- **Cricut Classes :** Do you want to learn the ins and out of using a Cricut Machine, a wonderful home hobby and craft tool. Come learn from an avid user; all resources materials are provided. Wednesday 2:00 – 3:00 PM
- **Crafting with Eileen :** Come join Eileen for some fun crafts for all ages. New craft every week, all materials provided, just bring your happy selves. Tuesday 1:30 – 2:30 PM



of Ware @ Behavioral Health Network

### Community Resources & Peer Support Groups

- **Drop-In Cafe :** Come on in, have a coffee or tea and meet with a member of the FRC crew. See our space and how we can help you! Monday 10:00 – 11:30 AM
- **Parent & Child Activity :** A free play group for parents and their children, ages 2 – 5 years old. Come join us in our children's room for games, stories, and other fun family bonding activities. Thursday 9:30 – 10:30 AM
- **Grandparents raising Grandchildren :** A peer to peer support group for grandparents raising their grandkids. Come connect with others and discuss raising kids in today's world. Thursday 10:30 – 11:30 AM
- **Pride in You :** A peer to peer, facilitator lead support group for LGBTQIA2S+ youth ages 11-18. A supportive environment for youth to be themselves and discuss contemporary topics. Thursday 3:45 – 5:00 PM
- **Pride in Family :** A peer to peer, facilitator guided support group for parents, caregivers, and adult relatives of LGBTQIA2S+ youth. A judgement free zone where we ask, explore, and find answers to questions about raising queer youth in today's world. Tuesdays 6:00 – 7:00 PM



To sign up and register please call (413)-277-6601 or send an email to [bhnfrc@bhninc.org](mailto:bhnfrc@bhninc.org)