


January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>New Years Day Holiday</u> - FRC Office Closed -	2 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	3 <ul style="list-style-type: none"> ❖ <u>Friday Schedule</u> + Office closed 11 AM – 1 PM for staff meeting + Office closes @ 3 PM 	4 <ul style="list-style-type: none"> ➤ Saturday Activity @ the FRC - (10 am – 12 pm) (see flyer for details)
5	6 <ul style="list-style-type: none"> ➤ Teen Group 	7 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Tween Group ➤ Family Support Group 	8 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Family Game night 	9 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	10 <ul style="list-style-type: none"> ❖ <u>Friday Schedule</u> + Office closed 11 AM – 1 PM for staff meeting + Office closes @ 3 PM 	11
12	13 <ul style="list-style-type: none"> ➤ Teen Group 	14 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Tween Group ➤ Nurturing Fathers 	15 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Family Game night 	16 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	17 <ul style="list-style-type: none"> ❖ <u>Friday Schedule</u> + Office closed 11 AM – 1 PM for staff meeting + Office closes @ 3 PM 	18 <ul style="list-style-type: none"> ➤ Saturday Activity @ the FRC - (10 am – 12 pm) (see flyer for details)
19	20 <u>MLK Jr. Holiday</u>  - FRC Office Closed -	21 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Tween Group ➤ Family Support Group ➤ Nurturing Fathers 	22 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Family Game night 	23 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren (Hybrid Day) ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	24 <ul style="list-style-type: none"> ❖ <u>Friday Schedule</u> + Office closed 11 AM – 1 PM for staff meeting + Office closes @ 3 PM 	25
26	27 <ul style="list-style-type: none"> ➤ Teen Group 	28 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Tween Group ➤ Nurturing Fathers 	29 <ul style="list-style-type: none"> ➤ FRC Drop-in Hour ➤ Family Game night 	30 <ul style="list-style-type: none"> ➤ Grandparents raising Grandchildren ➤ Parent & Child (2-5 yrs old) Play Group ➤ Pride in You Group 	31 <ul style="list-style-type: none"> ❖ <u>Friday Schedule</u> + Office closed 11 AM – 1 PM for staff meeting + Office closes @ 3 PM 	

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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. Upcoming section this February, sign up today!! Not currently running
- **Nurturing Fathers :** This is a 13-week peer-support centered 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. Tuesdays 5:30 – 7:30 PM
- **Active Parenting 4th 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. Not currently running
- **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. Not currently running

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
- **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 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! Tuesdays + Wednesdays 1:30 – 2:30 PM
- **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
- **Teen Group :** A social group for teens (13-18) where youth will have the opportunity to express and improve themselves through activities and games, all while engaging in a safe & supportive group. Monday 3:00 – 4:30 PM
- **Tween Group :** A social group for tweens and youth (8-12) where they will meet in a supportive environment for games, activities, and discussions aimed to build their self-confidence, their social skills, and positive expression. Tuesday 3:30 – 4:30 PM
- **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
- **Family Support Group :** A peer to peer, facilitator guided support group for parents and caregivers. A judgement free zone where we ask, explore, and find answers to questions about raising youth in today's world. (Every Other) Tuesdays 6:00 – 7:00 PM



To sign up and register please call (413)-277-6601 or send an email to bhnfrnc@bhninc.org