

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <ul style="list-style-type: none"> ➤ Learn to use a Cricut class ➤ Family Game night 	2 <ul style="list-style-type: none"> ➤ Parent & Child (2-5 yrs old) activity ➤ Grandparents raising Grandchildren ➤ Pride in You Group 	3	4 <ul style="list-style-type: none"> ➤ B.O.A.T. Umbrella Fair @ Chestnut Hill Community School in Belchertown - (10 AM – 4 PM)
5	6 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Active Parenting 4th Ed. ➤ Expressions Group 	7 <ul style="list-style-type: none"> ➤ Crafting hour with Eileen ➤ Nurturing Fathers 	8 <ul style="list-style-type: none"> ➤ Learn to use a Cricut class ➤ Family Game night 	9 <ul style="list-style-type: none"> ➤ Parent & Child (2-5 yrs old) activity ➤ Grandparents raising Grandchildren ➤ Pride in You Group 	10	11
12	13 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Active Parenting 4th Ed. ➤ Expressions Group 	14 <ul style="list-style-type: none"> ➤ Crafting hour with Eileen 	15 <ul style="list-style-type: none"> ➤ Learn to use a Cricut class 	16 <ul style="list-style-type: none"> ➤ Pride in You Group 	17	18 <ul style="list-style-type: none"> ➤ Town of Monson Community Fair - (10 AM – 2 PM)
19	20 <ul style="list-style-type: none"> ➤ Drop in Coffee Hour ➤ Active Parenting 4th Ed. ➤ Expressions Group 	21 <ul style="list-style-type: none"> ➤ Crafting hour with Eileen ➤ Nurturing Fathers 	22 <ul style="list-style-type: none"> ➤ Learn to use a Cricut class ➤ Family Game night 	23 <ul style="list-style-type: none"> ➤ Parent & Child (2-5 yrs old) activity ➤ Grandparents raising Grandchildren ➤ Pride in You Group 	24	25
26	27 <p>Memorial Day Holiday</p> <p>FRC closed</p>	28 <ul style="list-style-type: none"> ➤ Crafting hour with Eileen ➤ Nurturing Fathers ➤ Pride in Family Group 	29 <ul style="list-style-type: none"> ➤ Learn to use a Cricut class ➤ Family Game night 	30 <ul style="list-style-type: none"> ➤ Parent & Child (2-5 yrs old) activity ➤ Grandparents raising Grandchildren ➤ Pride in You Group 	31	

Ware FRC closed 9 am – 1 pm for staff training; office will be open from 1 pm – 5 pm May 14th – 16th

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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. 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. Tuesday 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. 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. Wednesday 10:00 AM – 12:00 PM
New Section : This June Call to sign up!

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