

ALL PROGRAMS FREE FOR FAMILIES

The FRC is
open
Mon–Fri
9am–5pm



DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7 Chess Club 5:30-7 Creative Writing 1	1:30-2:30 Parent/ Caregiver Self Care: Adult Coloring 2	1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 3	3-4:30 Creative Connections: Paper Mosaics 4	10-11 Early Childhood Room: Little Builders 5	10-1 Off-Site: Stuff The Bus with Amherst PD 6
10-1 Off-Site: Stuff The Bus with Amherst PD 7	10-12 New Baby, New Caregiver 8	1:30-2:30 Parent/ Caregiver Self Care: Com- munity Puzzle 4-5:30 Family Hangout: Holiday Pictionary 9	1-2 Sewing Circle + Tea Time 4-5 You're Not Alone 10	9-4 Dental Day! 3-4:30 Creative Connections: Collage Vision Board 11	10-11 Early Childhood Room: Imagination Play 11-12 Journaling Drop-In 12	13
14	11:30-1 Lunch & Learn 15	1:30-2:30 Parent/ Caregiver Self Care: Adult Coloring 4-5:30 Family Hangout: Festive Karaoke 16	1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 17	3-4:30 Creative Connections: Holiday Bath Salts & Scrubs 18	10-11 Early Childhood Room: Open Play 19	10:30-1 Gift Pick-up 20
21	22	4-5:30 Family Hangout: Minute-to-Win-It Winter Madness (Win a Gift Card) 23	4-5 You're Not Alone 24	Center Closed 25	26	27
28	5:30-7 Chess Club 5:30-7 Creative Writing 29	1:30-2:30 Parent/ Caregiver Self Care: Adult Coloring 4-5:30 Family Hangout: Winter Charades 30	1-3 Movie & Hot Cocoa 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 31	Drop-Ins Welcome! Please see back of calendar for online registration options.		

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz

Caregivers with children aged 0 - 5! Join us for an hour long guided activity. An opportunity to enjoy our play-room and connect with other caregivers.

Fridays, 10 – 11 am

Grandparents Raising Grandchildren — Anne

Grandparents play a special role in their grandchild's lives but those who are primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. All kinship caregivers welcome! ***Meeting bi-weekly!*** **Wednesdays, 1 – 2pm**

You're Not Alone — Amanda

A space where you can talk with someone who truly understands. Sit with a Family Partner who's walked a similar path—no judgment, just real conversation and support from someone who's been there.

Wednesdays, 4 – 5pm

ARTS & CULTURE

Chess Club — Anne

Join our chess club to master the game, sharpen your strategy, and challenge your mind! Open to ages 10+. *Dinner starting at 5:30pm.*

Monday 12/1 & 12/29, 5:30 – 7pm

Creative Writing — Amanda

Let your imagination flow in a supportive space! Join us for guided prompts, fun exercises, and time to share your writing if you'd like. All skill levels welcome.

Dinner starting at 5:30pm.

Monday 12/1 & 12/29, 5:30 – 7pm

Family Hangout Series — Alexiz & Jayne

Join us every Tuesday for a family hangout! Parents and caregivers can enjoy some family fun. Activity changing weekly. Dinner to be provided. *Call to register if you have dietary restrictions.* **Tuesdays, 4 – 5:30pm**

Parent/Caregiver Self –Care — Anne

Take a break and focus on YOU at our Caregiver Self - Care group! It's the perfect chance to unwind, reflect, and recharge — because taking care of yourself helps you take care of others! **Tuesdays, 1:30 – 2:30pm**

Sewing circle & Tea Time — Anne

Bring your own project to work on or participate in this month's exciting project: Laptop/tablet sleeve. Enjoy a cozy atmosphere filled with creativity, conversation, and a warm cup of tea. All are welcome to come share skills and ideas ****Meeting bi-weekly****

Wednesdays 1 – 2pm

Journaling Drop-In— Lisa

Slow down, reflect, and get creative at our Drop-In Journaling group, open to teens and adults. This is a relaxed space to put pen to paper—whether you want to explore your thoughts or simply enjoy some quiet writing time. No experience or supplies required; just bring yourself and see where the pages take you.

****Meeting bi-weekly* Fridays, 11 – 12 pm***

Creative Connections— Kayja

An art class designed for families to create side by side. Explore fun projects, experiment with different materials, and enjoy the process of making art together. No experience needed, just bring your imagination!

Thursdays, 3 – 4:30pm

EVENTS

Stuff the Bus (off-site) — Alexiz & Jayne

Off-site with Amherst Police for a community “Stuff the Bus” event! It will be outside the Hadley Walmart.

Saturday & Sunday 12/6 & 12/7, All Day!

Gift Pick-Up — Alexiz & Jayne

We're excited to remind everyone who ***pre-ordered*** gift boxes, that you can pick them up during the times listed below. Just a friendly reminder—**this pickup is exclusively for those who ordered in advance.**

Saturday 12/20, 10:30 – 1pm

NEW THIS MONTH

Dental Day— J&S Smile Pros

Free dental screenings and cleanings are available at the center! Pre-registration is preferred, as walk-ins are welcome but not guaranteed. The last appointment of the day will be scheduled at **3:30 PM.**

Thursday 12/11, 9am – 4pm

Lunch & Learn— Alexiz

Join us for a relaxed Lunch & Learn featuring a Peace at Home parenting video followed by group discussion. Lunch is served at **11:30 AM**, and the presentation begins at **12:00 PM**. All are welcome! .

Monday 12/15, 11:30 – 1pm

Hot Cocoa & a Movie — Alexiz

Join us for a nice warm cup of cocoa and a fun movie! Call to inquire which movie will be playing.

Wednesday 12/31, 1 – 3pm

Click or scan here for registration:

Groups & Events:

<https://forms.gle/sLUG4THUWhCuXYmEA>



Registration Required Groups:

<https://forms.gle/zF8XFxvaFGa1ER7L6>



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