

ALL PROGRAMS FREE FOR FAMILIES

JULY 2026

The FRC is open
Mon-Fri
9am-5pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Registration required for all groups/events Call 413-549-0297 for registration and/or questions.</p>			<p>1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone</p> <p>1</p>	<p>4-5 Creative Connections: Fireworks Over City Silhouette 6-8 Nurturing Fathers</p> <p>2</p>	<p>CENTER CLOSED</p> <p>3</p>	<p>4</p>
<p>5</p>	<p>10-12 New Baby, New Caregiver 10-12 Active Parenting of Teens (Hybrid)</p> <p>6</p>	<p>1:30-2:30 Caregiver Self Care: National Koi Fish Day- Coloring Sheets 4-5:30 Family Hangout</p> <p>7</p>	<p>1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone</p> <p>8</p>	<p>4-5 Creative Connections: Kite Making</p> <p>9</p>	<p>10-11 Baby Playtime at Groff Park 11-12 Journaling Drop-In</p> <p>10</p>	<p>11:30-1:30 Frozen Treats & a Flick</p> <p>11</p>
<p>12</p>	<p>10-12 Active Parenting of Teens (Hybrid) 5:30-7 Chess Club 5:30-7 Creative Writing</p> <p>13</p>	<p>1:30-2:30 Caregiver Self Care: Community Puzzle 4-5:30 Family Hangout</p> <p>14</p>	<p>1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone</p> <p>15</p>	<p>4-5 Creative Connections: Decorate Your Own Tote Bag</p> <p>16</p>	<p>10-11 Baby Playtime at Groff Park</p> <p>17</p>	<p>18</p>
<p>19</p>	<p>10-12 New Baby, New Caregiver 10-12 Active Parenting of Teens (Hybrid)</p> <p>20</p>	<p>1:30-2:30 Caregiver Self Care: Gratitude: Vision Board Making 4-5:30 Family Hangout</p> <p>21</p>	<p>1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 5:30-6:30 College Prep: Meal Budgeting</p> <p>22</p>	<p>4-5 Creative Connections: Origami Creations 9-4 Dental Day</p> <p>23</p>	<p>10-11 Baby Playtime at Groff Park 11-12 Journaling Drop-In</p> <p>24</p>	<p>11-1 Science Playground</p> <p>25</p>
<p>26</p>	<p>5:30-7 Chess Club 5:30-7 Creative Writing</p> <p>27</p>	<p>1:30-2:30 Caregiver Self Care: DIY Mindfulness Jars 4-5:30 Family Hangout</p> <p>28</p>	<p>1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone</p> <p>29</p>	<p>4-5 Creative Connections: Doodle Challenges</p> <p>30</p>	<p>10-11 Baby Playtime at Groff Park</p> <p>31</p>	

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

New Baby, New Caregiver — Kate & Lisa

This is for caregivers with babies from birth to 8 months, focused on connection and support. Childcare for older children and a light breakfast provided. Join us the first and third Mondays! **Monday 7/6 & 7/20, 10–12pm**

Grandparents Raising Grandchildren — Anne & Lynda

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 — Lynda

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. **Wednesdays, 3:30-4:30pm**

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 at 5:30pm* **Monday 7/13 & 7/27, 5:30–7pm**

Creative Writing — Teresa

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 at 5:30pm.* **Monday 7/13 & 7/27, 5:30–7pm**



'The Bridge' Amherst FRC
101 University Drive, Suite A3, Amherst
413.549.0297

Creative Connections— Kayja

Explore fun projects, experiment with different materials, and enjoy the process of making art together. No experience needed, just bring your imagination!

Thursdays, 4–5pm

COMMUNITY WELLNESS

Sewing circle & Tea Time — Anne

Bring your own project to work on or participate in this month's upcycling project. 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

Family Hangout — Alexiz & Jayne

Join us every Tuesday for a family game night! Caregivers and kids can enjoy some family fun. Several games to choose from each week. Dinner to be provided.

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**

Journaling Drop-In— Lisa

Slow down, reflect, and get creative at our Drop-In Journaling group, open to teens and adults. No experience or supplies required; just bring yourself and see where the pages take you.

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

***Limited childcare available
for most groups/events***

EVENTS

Frozen Treats & a Flick— Jayne & Teresa

Cool off with ice cream, popsicles, and a family-friendly movie! Bring the whole family for a sweet afternoon of frozen treats, fun, and a relaxing movie experience. Movie title to be announced. **Saturday 7/11, 11:30–1:30**

Dental Day— J&S Smile Pros

Stop by for a free dental cleaning! Open to everyone in the community. Walk-ins are welcome, last appointment at 3:30 PM. Referrals will be available for additional dental needs. **Thursday 7/23, 9–4pm**

Science Playground— Kayja & Teresa

Explore, experiment, and discover! Families are invited to try a variety of hands-on science activities and experiments designed to spark curiosity and creativity.

Saturday 7/25, 11–1pm

Life Skills: Food Shopping on a Budget— Amanda & Alexiz

Discover simple ways to save money on groceries, plan meals, and prepare budget-friendly foods. Perfect for anyone looking to build independent living skills.

Wednesday 7/22, 5:30–6:30pm

NEW THIS MONTH

Baby Playtime at Groff Park — Alexiz

Join us for a morning of outdoor play, exploration, and connection! Children ages 0–6 and their caregivers are invited to enjoy fresh air, movement, and time with other families in the community at Groff Park

72 Mill Lane, Amherst. **Fridays, 10–11am**

**Registration required
for all groups/events.
Scan this QR code to
register:**



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