

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9am–5pm
(9-6 Wednesdays)

Clothing Closet
hours are Mon–Fri
10am–4pm



JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	12-2 OPEN HOUSE!! 3-4:15 Homework Club 4-5:30 Family Hangout: Dinner & a Movie 3	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-6 You're Not Alone 4	3-4:15 Homework Club 5	10-11 Early Childhood Room: Busy Board Madness 6	10-11:30 Parents' Autism Support 7
8	5:30-7 Chess Club 5:30-7 Book Club 9	10	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-6 You're Not Alone 11	12	10-11 Early Childhood Room: Block Play & Puzzles 13	10:30-12:30 Explorer Day: Hadley Nature 14
15	16	1:30-2:30 Parent Self Care: Root Beer Day Celebration 4-5:30 Family Hangout: Relay Bash 17	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 6-8 Father Child Dance (off-site) 18	10-11: Playground Playdates: Meet & Greet 19	10-11 Early Childhood Room: Open Play 20	21
22	5:30-7 Chess Club 5:30-7 Book Club 23	1:30-2:30 Parent Self Care: Community Puzzle 3:30-5:30 End of School Event!! 24	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-6 You're Not Alone 25	10-11: Playground Playdates: Red Light, Green Light with Executive Twists 26	10-11 Early Childhood Room: Open Play 27	11-12 Bubble & Freeze Pop Bonanza 28
29	30	Please see back of calendar for online registration options.				Drop-Ins Welcome!

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz & Lindsay
Caregivers with children aged 0 - 5! Join us for a guided activity, followed by a story. An opportunity to enjoy our playroom 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**

EDUCATION

Parenting Journey in Recovery — Anne
A supportive program designed for parents and caregivers who are in recovery. This class offers a safe space to grow, and strengthen parenting skills while navigating your recovery journey. Lunch Provided.

Registration Required **Wednesdays 11 - 12:30pm**

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 starting at 5:30pm.

Monday 6/9 & 6/23, 5:30 – 7pm

Book Club — Lindsay

Join our book club for engaging discussions and a chance to connect with fellow readers. Discover new books, share your thoughts, and be part of a community! Dinner starting at 5:30pm.

Registration Required

Monday 6/9 & 6/23, 5:30 – 7pm

Family Hangout Series — Alexiz & Jayne

Join us every Tuesday for a family hangout! Parents and caregivers can enjoy some family fun with their child/ren. Activity changing weekly. Food to be provided.

Tuesdays, 4 - 5:30pm

Parent 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: creating reusable sandwich bags. Enjoy a cozy atmosphere filled with creativity, conversation, and a warm cup of tea. Whether you're a seasoned seamstress or a beginner, all are welcome to come share skills and ideas ***Meeting bi-weekly***

Wednesdays 1 - 2pm

EVENTS

The Bridge OPEN HOUSE! — All Staff

We're Celebrating 10 Years — And YOU'RE Invited! Can you believe it? We turned 10—and we're throwing an Open House bash. It won't be the same without YOU! Celebrate a decade of memories and milestones with us! We're bringing the fun with delicious bites, behind-the-scenes tours, and all the good vibes. We want to thank YOU for being part of our story—we can't wait to celebrate with you! **Tuesday 6/3, 12- 2pm**

Explorer Day: Hadley Nature Walk— Alexiz & Lindsay

Join us at Fort River Birding and Nature National Recreation Trail in Hadley, MA for a family-friendly nature walk. The trail is accessible. (63 Moody Bridge Rd #33) **Saturday 6/14, 10:30 - 12:30pm**

Father Child Dance — Amherst & Greenfield FRC's

Join us for a special Father-Child Dance, co-hosted with Greenfield Community Action FRC! Celebrate fatherhood with a joyful night of dancing, connection, and fun. Come dressed however you feel best.

Wednesday 6/18, 6 - 8pm

End of School Event — All Staff

Join us for our End of School Party as we welcome summer! We'll have delicious pizza and popcorn, along with fun games, exciting raffles, and a special surprise for everyone to enjoy **Tuesday 6/24, 3:30 – 5:30pm**

Bubble & Popsicle Bonanza — Alexiz

Join us for Popsicle & Bubble Bonanza at the center—a full hour of outdoor bubble fun for kids of all ages!

From tiny tots to big kids! **Saturday 6/28, 11 - 12pm**

NEW THIS MONTH

Playground Playdates — Alexiz & Lindsay

Join us at Groff Park, Amherst, for Playground Playdates—fun and games for kids ages 0–6 that support cognitive and executive functioning through play!

Thursdays, 10 - 11am

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 from someone who's been there.

Wednesdays, 4 - 6pm

Click/Scan here for registration:



Groups & Events:

<https://forms.gle/sLUG4THUWhCuXYmEA>

Registration Required Groups:

<https://forms.gle/zF8XFvaFGa1ER7L6>



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