

ALL PROGRAMS FREE FOR FAMILIES

The FRC is  
open  
Mon–Fri  
9am–5pm



# MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1-3:</b> Wildlife Tracking with Adventure East <b>1</b></p>	<p><b>10-12</b> New Baby, New Caregiver <b>5:30-6:30</b> Life Skill 101: Healthy Meal Planning <b>2</b></p>	<p><b>11-12:30</b> Parenting Journey in Recovery <b>1:30-2:30</b> Caregiver Self Care: <b>Celebrating Simplicity: Spring Cleaning Tools</b> <b>4-5:30</b> Family Hangout <b>3</b></p>	<p><b>1-2</b> Sewing Circle + Tea Time <b>3:30-4:30</b> You're Not Alone <b>4</b></p>	<p><b>4-5</b> Creative Connections: <b>Collage with Leaves</b> <b>6-8</b> Nurturing Fathers <b>5</b></p>	<p><b>10-11</b> Baby Playtime: <b>Duplo Builders' Workshop</b> <b>11-12</b> Journaling Drop-In <b>6</b></p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>5:30-7</b> Chess Club <b>5:30-7</b> Creative Writing <b>9</b></p>	<p><b>11-12:30</b> Parenting Journey in Recovery <b>1:30-2:30</b> Caregiver Self Care: <b>Winter Dryness Face Scrub</b> <b>4-5:30</b> Family Hangout <b>10</b></p>	<p><b>1-2</b> Grandparents Raising Grandchildren <b>3:30-4:30</b> You're Not Alone <b>11</b></p>	<p><b>4-5</b> Creative Connections: <b>Lucky Bookmarks</b> <b>6-8</b> Nurturing Fathers <b>12</b></p>	<p><b>10-11</b> Baby Playtime: <b>Band Jam</b> <b>13</b></p>	<p><b>10:30-12:30:</b> Smith College Bulb Show <b>14</b></p>
<p><b>15</b></p>	<p><b>10-12</b> New Baby, New Caregiver <b>16</b></p>	<p><b>11-12:30</b> Parenting Journey in Recovery <b>1:30-2:30</b> Caregiver Self Care: <b>St. Patrick's Day Coloring</b> <b>17</b></p>	<p><b>1-2</b> Sewing Circle + Tea Time <b>3:30-4:30</b> You're Not Alone <b>18</b></p>	<p><b>4-5</b> Creative Connections: <b>Flower Pot Painting</b> <b>6-8</b> Nurturing Fathers <b>19</b></p>	<p><b>10-11</b> Baby Playtime: <b>Busy Board Madness</b> <b>11-12</b> Journaling Drop-In <b>20</b></p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>5:30-7</b> Chess Club <b>5:30-7</b> Creative Writing <b>23</b></p>	<p><b>11-12:30</b> Parenting Journey in Recovery <b>1:30-2:30</b> Caregiver Self Care: <b>Community Puzzle</b> <b>4-5:30</b> Family Hangout <b>24</b></p>	<p><b>1-2</b> Grandparents Raising Grandchildren <b>3:30-4:30</b> You're Not Alone <b>25</b></p>	<p><b>4-5</b> Creative Connections: <b>Water Color Painting</b> <b>6-8</b> Nurturing Fathers <b>26</b></p>	<p><b>10-11</b> Baby Playtime: <b>Imagination Play</b> <b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p>	<p><b>11-12:30</b> Parenting Journey in Recovery <b>1:30-2:30</b> Caregiver Self Care: <b>National Crayon Day</b> <b>4-5:30</b> Family Hangout <b>31</b></p>		<p>Please see back of calendar for online registration options.</p>	<p>Drop-Ins Welcome! Call 413-549-0297 with Questions</p>	

# 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 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**

### 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, 3:30-4:30pm**

### Life Skills 101- Amanda

Build confidence for the real world! Learn practical skills like budgeting, communication, and decision-making in a fun, hands-on way. Perfect for teens getting ready for what's next. Ages 13+. Dinner will be provided. This will be the *first Monday of each month.*

**Monday 3/2, 5:30-6:30**



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

## 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 3/9 & 3/23, 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 starting at 5:30pm.* **Monday 3/9 & 3/23, 5:30 – 7pm**

### 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**

### 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**

### 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. 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

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**

## EVENTS

### Wildlife Tracking— Alexiz & Teresa

Learn the art of reading the outdoors with Wildlife Tracking through Adventure East. This hands-on experience invites participants to explore nature while discovering animal tracks, signs, and stories hidden along the trail. Ages 8+. Meeting at NASAMI Farm in Whatley. **Sunday 3/1, 1—3pm**

### Smith Bulb Show- Alexiz & Jayne

Step into a vibrant indoor garden at the Smith College Bulb Show, where thousands of blooming bulbs create a colorful, fragrant escape from winter. Wander through beautifully designed displays and enjoy a bright, uplifting celebration of the season.

**Saturday 3/14, 10:30 –12:30pm**

## NEW THIS MONTH

### Parenting Journey in Recovery (Virtual)- Anne

A 14 week course designed for parents and caregivers in recovery. Strengthen your parenting skills while navigating your recovery journey. \*Registration Required **Tuesdays 11-12:30**

Scan this QR code to Register:



**CSOINC.ORG**