

ALL PROGRAMS FREE FOR FAMILIES

The FRC is
open
Mon–Fri
9am–5pm



MAY 2026

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>10–11 Baby Playtime: Bubble Machine Madness</p> <p>11-12 Journaling Drop-In 1</p>	2
3	<p>10-12 New Baby, New Caregiver 4</p>	<p>11-12:30 PJR 1:30-2:30 Caregiver Self Care: Cinco De Mayo Coloring 4-5:30 Family Hangout 5</p>	<p>1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 6</p>	<p>4-5 Creative Connections: Handmade Mother's Day Cards 6-8 Nurturing Fathers 7</p>	<p>10–11 Baby Playtime: Storytime 8</p>	9
10	<p>5:30-7 Chess Club 5:30-7 Creative Writing 11</p>	<p>11-12:30 PJR 1:30-2:30 Caregiver Self Care: Explore our state parks 4-5:30 Family Hangout 12</p>	<p>3:30-4:30 You're Not Alone 5-7:30 A One Day Babysitting Course (12+) 13</p>	<p>4-5 Creative Connections: Painting Bird Feeders 6-8 Nurturing Fathers 14</p>	<p>11-12 Journaling Drop-In 15</p>	<p>10-12 Wildlife Tracking with Adventure East 16</p>
17	<p>10-12 New Baby, New Caregiver 19</p>	<p>11-12:30 PJR 1:30-2:30 Caregiver Self Care: Plant Something Day – Seed Planting 4-5:30 Family Hangout 19</p>	<p>1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 20</p>	<p>4-5 Creative Connections: Painting Flower Pots 6-8 Nurturing Fathers 21</p>	<p>10–11 Baby Playtime: Imagination Play 22</p>	23
24/31	<p>CENTER CLOSED 25</p>	<p>11-12:30 PJR 1:30-2:30 Caregiver Self Care: Paper Airplane Day– Let make paper airplanes! 4-5:30 Family Hangout 26</p>	<p>1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 27</p>	<p>4-5 Creative Connections: Picture Frame Decorating 6-8 Nurturing Fathers 28</p>	<p>10–11 Baby Playtime: Busy Board Buddies 11-12 Journaling Drop-In 29</p>	<p>10:30-12:30 Offsite: Community Baby Shower 30</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 5/4 & 5/18, 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 starting at 5:30pm.* **Monday 5/11, 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 5/11, 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 – 12 pm**

Baby Playtime — Alexiz

Caregivers with children aged 0 - 6! Join us for an hour long guided activity. An opportunity to enjoy our playroom and connect with other caregivers.

Fridays, 10 – 11 am

EVENTS

One Day Babysitting Course— Alexiz

One-day babysitting course led by daycare provider Janine Hutchinson and hosted at our center. Learn essential childcare and safety skills for confident babysitting. *Dinner provided.* **Wednesday 5/13, 5–7:30**

Wild Beginnings by Adventure East- Alexiz & Teresa

Wild Beginnings, co-led by Adventure East and our center team, takes place at Mill River Park (**95 Montague Road, Amherst, MA 01002**) and is open to all ages. This outdoor program invites participants to explore nature, build curiosity, and connect with the natural world through guided experiences. **Registration ends 5/12.**

Saturday 5/16, 10–12pm

Umbrella of Wellness Fair— Jayne & Anne

We will be at the Umbrella of Wellness Fair in Belchertown, offering connection, resources, and community engagement for all ages.

Saturday 5/16, 12–4pm

Community Baby Shower— Alexiz & Teresa

Join us at the Community Baby Shower at Jackson Street Elementary School in Northampton as we come together to celebrate and support expecting, new, and current moms with resources and connection.

Saturday 5/30, 9:30–11:30pm

Registration required

for all groups/events.

Scan this QR code to

register:



CSOINC.ORG