

ALL PROGRAMS FREE FOR FAMILIES

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



OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Please see back of calendar for online registration options.		11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 1	3-4:30 Creative Connections 6-8 Nurturing Fathers 2	10-11 Early Childhood Room: Duplo Builders' Workshop 11-12 Journaling Drop-In 3	4
5	6	1:30-2:30 Parent Self Care: Adult Coloring 7	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-5 You're Not Alone 8	3-4:30 Creative Connections 6-8 Nurturing Fathers 9	10-11 Early Childhood Room: Truck Town Builders 10	11
12	CLOSED 13	1:30-2:30 Parent Self Care: Vision Board 4-5:30 Family Hangout: Karaoke 14	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 15	3-4:30 Creative Connections 6-8 Nurturing Fathers 16	10-11 Early Childhood Room: Busy Board Madness 11-12 Journaling Drop-In 17	10:30-12:30 Costume Re-Creation Station 18
19	20	1:30-2:30 Parent Self Care: Community Puzzle 4-5:30 Family Hangout: Charades 5:30-8:30 : Babysitting Course 21	11-12:30 Parenting Journey in Recovery 1-2 Sewing Circle + Tea Time 4-5 You're Not Alone 22	3-4:30 Creative Connections 6-8 Nurturing Fathers 23	10-11 Early Childhood Room: Band Jam 24	25
10:30-12:30 Family Outing: Mike's Maze 26	10-12 New Baby, New Caregiver 5:30-7 Chess Club 5:30-7 Book Club 27	1:30-2:30 Parent Self Care: Adult Coloring 4-5:30 Trunk or Treat 28	11-12:30 Parenting Journey in Recovery 1-2 Grandparents Raising Grandchildren 4-5 You're Not Alone 29	3-4:30 Creative Connections 6-8 Nurturing Fathers 30	10-11 Early Childhood Room: Stacking Towers 11-12 Journaling Drop-In 31	Drop-Ins Welcome!

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — Alexiz & Lindsay
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 & 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 — 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

EDUCATION

Babysitting Course — Amanda

Ready to take on your first babysitting job? Join us for this hands-on course, led by an outside instructor, designed for kids ages 12 and up. Learn the skills every babysitter needs, from safety and first aid basics to fun ways to keep kids engaged. A pizza dinner is included!

***Registration Required* Tuesday 10/27, 5:30 - 8:30pm**



Amherst Family Resource Center
101 University Drive, Suite A3, Amherst, MA
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 10/27, 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 10/27, 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 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

EVENTS

Costume Re-Creation station— Anne

At this drop-in workshop, you can swap an old costume for something new, mend or refresh one you already have, or even start a whole new look. Don't have a costume to bring? No problem — All are welcome!

Saturday 10/18, 10:30 - 12:30pm

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Family Outing: Mike's Maze — Alexiz & Jayne

This year's maze design, "25 Amazing Years," is open for exploration. Food and game tokens are available for additional purchase. Be aware that transportation is not provided. Bring your friends and family for a day filled with laughter, adventure, and fun! ***Registration Required* Saturday 10/26, 10:30 - 12:30pm**

Trunk-or-Treat — The Whole Center

Grab your costumes and candy bags and head over to our Trunk-or-Treat, which will take place in the parking lot just across the spooky bridge from the Center. Meet Amherst Police & Fire and UMass Police, who will be there with decorated trunks and lots of Halloween spirit. It's the perfect early evening event for families to celebrate safely, enjoy the community, and kick off Halloween fun together. **Tuesday 10/28, 4 - 5:30pm**

NEW THIS MONTH

Journaling Drop-In— Lisa

Join us for Building Resilience in Families, a free workshop hosted by Trauma-Informed Hampshire County and SPIFFY. Learn practical, trauma-informed strategies to support your family's emotional well-being, strengthen connections, and navigate challenges with confidence. Together, we'll explore ways to foster resilience and create a nurturing environment for everyone in the home.

***Meeting bi-weekly* Fridays 10/3, 11 - 12 pm**

Click or scan here for registration:

Groups & Events:

<https://forms.gle/sLUG4THUWhCuXyMEa>



Registration Required Groups:

<https://forms.gle/zF8XFXvaFGa1ER7L6>

