










# DECEMBER

2025

HAPPY  
Holidays

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 ENGLISH CLASS	3 HOUSING APP GRG HOC PARTICIPATORY DEFENSE	4 ENGLISH CLASS	5	6 YOGA PEER SUPPORT GROUP BILINGUAL FAMILIES
7	8	9 ENGLISH	10 HOC PARTICIPATORY DEFENSE	11 ENGLISH CLASS MOMS GROUP	12	13  COMMUNITY DINNER
14	15  HANUKKAH	16 COOKING WORKSHOP STEERING COMM	17 GRG HOC YOUTH TASK FORCE 1230PM	18 HOUSING APP	19  HOLIDAY PARTY	20
21	22	23 FOSTER PARENTS SUPPORT GROUP	24  CLOSE AT 12PM CHRISTMAS EVE	25  CLOSED CHRISTMAS DAY	26  CLOSED KWANZAA	27 
28 	29	30	31 HPS SCHOOL ATTENDANCE GRG CLOSE AT 12PM			

## NOTES

### Enlace de Familias Resource Center

299 MAIN STREET, HOLYOKE, MA 01040  
PHONE: 413-532-9300

#### HOURS OF OPERATION

- MONDAY - TUESDAY - WEDNESDAY  
9AM - 7PM
- THURSDAY & FRIDAY 9AM - 5PM
- 2<sup>ND</sup> & 4<sup>TH</sup> SATURDAY 10AM - 12PM
- CLOSED 11/11 VETERAN'S DAY
- THANKSGIVING, CLOSED 11/27 & 11/28

**Disclaimer: Families can be serviced outside of posted hours by scheduling an appointment in advance.**

#### PLEASE CALL (413)532-9300 TO REGISTER

- MOMS SUPPORT GROUP 1PM-2PM
- ENGLISH CLASS 10AM - 12PM
- FATHER'S PRGM 5PM - 7PM
- MOMS SUPPORT GROUP 1PM - 2PM
- GRANDPARENT'S (GRG) 1030AM - 1130AM
- FOSTERPARENT'S SUPPORT GROUP 6PM - 8PM
- HOUSING WORKSHOP 10AM - 12PM
- COOKING CLASS 10AM - 12PM
- YOGA SUPPORT GROUP 10AM - 11AM
- STEERING COMMITTEE 1PM - 2PM
- YOUTH TASKFORCE 1230PM
- SCHOOL ATTENDANCE 930AM - 1130AM
- HOC YOUTH CENTER 2PM - 430PM
- COMMUNITY DEFENSE 5PM - 7PM

More Information on programming on the back page.





## SUPPORT GROUPS

### **Mom's Support Group:**

An in-person support group, held every 2nd Thursday, offer mothers a welcoming, judgment-free environment where they can openly share experiences, challenges, and joys!

### **Grandparent's Raising Grandchildren Support in Spanish:**

Join us every other Wednesday as we make space to connect, learn from & grow with other Grandparents like you!

### **Yoga Peer Support Group:**

Meets every 1st & 3rd Saturday. Come unwind with calming yoga, connect with peers, and strengthen your mind & body!

### **\*Starting in January\* Men's Support Group:**

Meet on the 3<sup>rd</sup> Friday of every month

A space to face and embrace what life brings – the good, the hard, and everything in between.



### **A safe space for LGBTQ youth ages 13 to 24 years old.**

HOC is youth lead and directed with a focus on youth development and living healthy, safe lives. Join us Monday - Thursday from 1pm - 5pm for drop-in hours!

## STORYTIME

Virtually tune in with us monthly YouTube read along for families!



## Enlace de Familias Holyoke Family Network

299-301 Main St.  
Holyoke MA 01040  
413-532-9300

Free resources, support and events for the whole family!

**\*\*Call to set up an appointment or register for a workshop\*\***

### **OUR SCHEDULE:**

**Monday 9:00am - 7:00pm**

**Tuesday 9:00am - 5:00pm**

**Wednesday 9:00am - 7:00pm**

**Thursday 9:00am - 7:00pm**

**Friday 9:00am - 5:00pm**

**every other Saturday 10:00am - 12:00pm**



Scan QR code above for direct access to our facebook page!



**\*\*Refreshments & Childcare Provided\*\***

## PARENTING GROUPS

### **Nurturing Fathers Program:**

A 15-week program for Fathers to developing parenting & nurturing skills that will positively impact the family

### **Active Parenting Group:**

An 8-week program focused on the relationship between coparents to reduce conflict & create cohesive understanding

### **Mother's Parenting Journey:**

An 8 week program designed to help increase self-care practices, raise awareness & strengthen parenting styles

**Referrals for programming & services can be sent to [referrals@enlacedefamilias.org](mailto:referrals@enlacedefamilias.org)**

## LIFE SKILLS WORKSHOPS

### **Cooking Classes:**

One class a month that focuses on meals on a budget & healthy eating!

### **English Classes:**

In partnership with HCC, we offer 2 classes a week for program participants!

### **Housing Application Workshops:**

Three sessions a month focused on supporting individuals in completing & submitting applications!



**If you are in need of any after hours or weekend support, please let us know and we can book an appointment with you!**